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FROM THE COLLECTION  
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30524/A

Feb 64  
1978

Cookery, Indian

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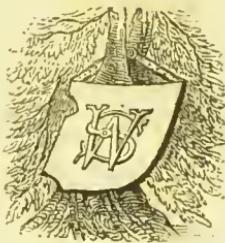
# PRACTICAL FAMILY COOKERY:

INTENDED FOR

PERSONS OF MODERATE INCOMES.

BY

LOUISA JOHNSON.



LONDON:  
WILLIAM SMITH, 113, FLEET STREET.

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MDCCXXXIX.



LONDON :  
BRADBURY AND EVANS, PRINTERS,  
WHITEFRIARS.

## P R E F A C E.

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I HAVE been urged by many friends to send forth to the public a digest of economy which would embrace every department of a moderate household. I have been urged to simplify the science of Cookery, by perusing the voluminous work of one artist, and making clear the puzzling references of another. I have been urged to condense—to “render down” as we term it, in the phraseology of Cookcry—to cull all the flowers of economy, and reject its grosser leaves for the wealthy to riot upon. In short, I have been urged to write a Cookery Book, for those whose income compels frugality, yet whose birth and education demand a certain genteel appearance in their circle ;—to select those receipts alone, which may be supposed to give satisfaction without embarrassing the finance ; and to write especially for those young people who set out early in life, without a guide to direct them in the limitation of their household expenses.

To these young housekeepers I dedicate my work. For their benefit I have consulted every manuscript receipt book within the range of my acquaintance,

and sought for every information that could improve the knowledge and decorate the table of the frugal, yet liberal, lady. I know how much can be done by a little attention to economy; I have seen many tables plentifully and genteelly supplied, without profusion, and I have seen scantily-furnished tables among the prodigal. I observed that the one class of persons combined order and elegance with frugality; and I saw the other class profuse without comfort, or even sufficiency. The heaviest expense in a family should *not* be the butcher and pastry-cook's accounts; eating and drinking is a necessity, but it should not be exalted into a disgusting sensual pleasure, carried on without economy, and ending in dyspepsia.

I have laid down rules for the frugal, which I have seen carried into execution, and have long admired the result. Frugality is not meanness; in its proper signification, it is economy unmixed with avarice; and signifies a style of living within the bounds of prudence. It signifies also, to a reflecting mind, that a proper frugality enables its possessor to be generous and liberal in all things to all men; for it provides against a useless expensive waste of substance, which can only bring distress of mind, a wasted income, and a heart deaf to the calls of charity.

I have in my little work named nothing extravagant in point of ingredients. I have written simply for those of my fellow-creatures who wish to

stretch a very few hundreds per annum over many comforts, and who are not too indolent to observe and practise the rules of economy. Whatever I have considered useless in expense I have not even alluded to ; and I have named many unexpensive modes of dressing up cold meat, which would otherwise have been thrown away into that inexhaustible receiver, the pig bucket. I strongly object to pig buckets, hog tubs, and all those vehicles for removing “refuse.” I remember well a gentleman who received a hint upon the subject of *his* pig bucket. He acted upon the hint by striking a prong into its contents as it was being carried from his premises, and a fine leg of mutton rewarded his sight as the prong returned from its mission ; a small loin of veal appeared afterwards, as second course.

I recommend my young readers to allow their servant or servants, twenty shillings per year for tea and sugar, and let them buy their own grocery. Keep your own store-room key, and deliver out the required stores yourself. Tarts and pies require a table-spoonful of brown sugar each, therefore do not be prodigal in delivering out sugar for that purpose.

I think I have provided much useful information upon each subject ; I have spared no labour to obtain that information, and I have endeavoured to express it clearly, to the comprehension of the most uninformed in culinary matters. I shall not regret the trouble I have taken, if my work proves serviceable even to a very few.

I have not named cheese under any head. It is economy to buy it as you require it. Cream cheeses are expensive; common cheese is also expensive, for two reasons; if it is not good, servants will not touch it, but it goes into the "hog tub:" if it is good, it is eaten unnecessarily and in quantities.

Of butter I will only observe, that half a pound per head weekly is sufficient; this is a rule by which to compute its consumption. I have never allowed more, and my domestics live long with me, and do not complain. They know I am frugal, and yet just.

L. J.

# PRACTICAL FAMILY COOKERY.

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## DIRECTIONS FOR DRESSING AND CLEANING FISH.

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NEVER choose a fish with a thin tail, for it is a most ominous sign. If a fish feels flabby under the pressure of your finger, reject it. It should feel hard like butter, and the gills should be red, and the eyes bright.

Slit your fish from the throat, down the stomach, and nearly to the tail ; take out the inside, and wash the blood thoroughly from the bones, taking care to preserve the liver, the roe, and the melt. Some fish, such as soles, &c., do not require slitting so low ; but a clean cook, with an observant eye, soon understands the peculiarity of shape in different fish. Herrings, mackerel, &c., may be slit quite near to the tail, otherwise you cannot clean them properly.

In boiling fish, you will ascertain whether it is sufficiently done, by piercing the meat with a thin knife ; if it parts easily from the bone, the fish is ready

to serve up. Every person must be aware, that the very best materials fail to please in cookery, unless cleanliness is strictly observed. It is in vain to dress an excellent and expensive fish, if it is placed upon a table discoloured, dry, and smoky ; and a very little care would prevent looks of sullen distress fixing themselves upon the countenance of the principals concerned in making a repast gay and agreeable. The fish-kettle must be clean and bright—the cover closed down tight. The frying-pan must be equally nice ; the fish-napkins white as snow ; the fish-slice must not lie by the side of onion skins, or the fish be allowed to drop down, in its transit from the fish-kettle to the dish, upon the sandy floor. The very trifles which are often considered too frivolous for attention, are the points upon which the art of cookery hangs. A cleanly kitchen, and a delicate arrangement of the articles to be presented upon table, make the simplest preparations of food appetizing and attractive.

There is one great error in English taste which I beg our sex to meditate upon and reform. Reforms in cookery are innocent and optional. I have seen an enormous cod-fish lying on a dish, like a whale upon the ocean's surface, at once producing astonishment and surfeit to a small assembly of eight individuals, when half the quantity would have produced better effect and less loaded plates ; besides affording a light and tasty dish for the next day's meal at half the expense. A cod's head and shoulders is a

very handsome dish, and when helped delicately, it will suffice for a party of eight persons. It is waste when the company are obliged to send away part of their loaded plates untouched, and the cat alone is benefited by the vulgar prodigality. This remark applies to every description of fish heaped upon a dish, in a style tasteless, expensive, and unnecessary.

Have always ready plenty of bread crumbs, prepared in the following economical way:—Save the cuttings of toast and odds and ends of bread, to be put in a bag, and dry well in an oven. Pound them—sift them fine, and keep them in a stone jar: the powdered bread is then ready for any emergency, and is equally valuable for hams and bacon. Let this be attended to.

In frying fish, butter is unnecessary. Fry fish in plenty of lard, or oil if you can afford it, or in salted fat pork, which gives it a most relishing flavour. For this purpose, have always a large piece of entirely fat pork hanging up in the kitchen. Fry it till it melts, and then place the fish in it. The quantity used should be enough to *cover* the fish, and it should be *boiling hot*.

In towns, the fishmongers prepare the fish ready for dressing, which saves infinite trouble; but they are too apt to overwash it, and the fine flavour is lost thereby.

Boil your fish with care, and let it boil so gradually, that when the water reaches the boiling point, it should be done. Cover the fish with cold water,

containing a handful of bay salt, half a pint of vinegar, and a faggot of herbs, containing parsley, green onions, thyme, two bay-leaves, some sweet basil, and a clove of garlic. This will give a peculiar and delicious flavour to boiled fish, and if you choose to afford a glass of port wine, the effect, as George Robins would say, "is commensurate to the outlay expended." Let the herbs be washed, and dried in a clean dry cloth, before they are made into a miniature faggot, and keep the fish-kettle cover closed, that no soot or smoke may give its contents an offensive flavour.

Fried fish is kept perfectly well for a long time after it is done by laying it on a dry napkin before the fire, or in a Dutch oven. This is most useful to know where only one servant is kept, as it will prevent her becoming hurried in hastening on the dinner.

Having now laid down the proper preparations, I shall proceed to name the fish most useful in large families with slender means. As I profess to inculcate only that which is economical, I shall not swell my moderate list with those fish which should only appear upon the tables of the wealthy.

#### COD'S HEAD AND SHOULDERS.

This is an excellent fish, and is usually tolerably cheap, with the advantage of being in season ten months in the year. It is not good in October or November. Boil it in the method above recom-

mended ; and it is an excellent plan, when fish is nearly boiled, to take up the strainer with the fish lying upon it, and placing it across the top of the kettle, lay the cover gently upon it. By this means the fish is done by steam, without the fear of its breaking, and it is by this method sent up dry, which is a great perfection. Garnish the eod's head and shoulders with double parsley, thin slices of lemon, horseradish, and the melt, roe, and liver. It must be accompanied with oyster sauee.

#### TAIL PART OF COD-FISH.

Boil it sufficiently to divide into flakes, and fry them brown in a light batter. Garnish with parsley.

This is a very light and elegant way of dressing any kind of fish ; besides doing away with the disagreeable office of searching after the bones, or running the risk of being choked. If however plain boiling is preferred, it must be boiled gently in the manner I recommend so forcibly ; and it must be served with oyster sauce, or with one of the relishing sauees, inserted in their own proper order.

#### STEWED COD.

Lay a few slices of cod-fish in a stew-pan, and add to it a bit of butter, some oysters in their own liquor, three blades of mace, some pepper, salt, bread-crumbs, and a faggot of sweet herbs. If you

can afford two glasses of white wine, it makes the "charm grow madder." Stew it very gently a short time.

#### COD SOUNDS.

Soak the sounds in water half an hour, and scrape and clean them well. Boil them till tender, very slowly, in milk and water, then dry them quickly by dabbing them upon a clean warm dry cloth. Serve them on a delicate white napkin, and eat them with egg sauce.

#### COD SCALLOPS.

Pound some cold eod with the yolk of an egg, a little butter, salt, and pepper. Fill the scallop-shells about three parts full, and dredge bread-crumbs over them. Oil the top with a little warm butter, and put them in a Duteh oven to brown.

#### FISH CAKE.

Cut the meat from the bones of any kind of cold fish, and put the bones, with the head and fins, over the fire, with a pint of water, an onion, a faggot of sweet herbs, pepper and salt, to stew for gravy. Minee the meat and mix it well with crumbs of bread, a little mineed onion, parsley, and seasoning. Make it into a cake, with the white of an egg and a little melted butter: cover it with bread-crumbs and fry it a pale brown. When this is done, strain

the fish-gravy over it, and stew it gently a quarter of an hour. Turn the cake twice with great care, with a fish-slice, and keep the cover of the stew-pan close down.

#### FISH PUDDING.

Pound well three pounds of cold fish, and mix it well with two tablespoonfuls of bread-crumbs, half a teaspoonful of eayenne pepper, one tablespoonful of anchovy sauce, three eggs beaten to a froth, and a little cream. Make it an hour before it is boiled. Boil it in a pudding-cloth three quarters of an hour.

#### SALT COD.

Soak the fish in vinegar and water for twenty-four hours, often changing the liquor, whieh will remove the salt, dry, unwholesome hardness. Put it into a large boiler, with plenty of cold water. The moment the water boils, which it must do very gradually, take the pot from the fire, and let the fish remain in the hot water till it is done. Serve it with the following sauce :—

Boil six eggs hard, and when eold, chop them the size you prefer. Put a piece of butter into the saucepan with a very little water, salt, and flour. When the butter is melted, add the chopped eggs, and half a tablespoonful of lemon juice. Give it one boil up, and serve it.

## SALT COD AND ONIONS.

Boil the fish, after soaking well in vinegar and water, and then divide it into flakes.

Cut some onions into dice, and fry them brown in a stew-pan, dredging them with flour. Add gradually half a pint of cream, and a little water. When the onions are well done, put in a bit of butter, and season to your taste. Place your fish in this prepared sauee, give it a boil up, and serve it hot.

## HALIBUT.

Halibut is a fish little known to the world of fashion ; nevertheless it is an exzellently-flavoured inhabitant of the sea, and very cheap. The Jews alone in London appear to be acquainted with its value, and with them it is a most esteemed dish. They are plentiful in October, November, and Deeember.

Cut a piece of halibut into moderately-sized fillets : dip them into yolk of egg that has been well beaten up, cover them with bread-erumbs, and fry them a light brown. Eat them with lemon-juicee squeezed over them. Garnish with erisped parsley.

## STEWED HALIBUT.

Put the head and shoulders into a large stew-pan, with a faggot of herbs, and a clove of garlic ; also

two onions cut into quarters, an anchovy, a cup of broth, a tablespoonful of mushroom catsup, and half a tablespoonful of vinegar. The fish must be barely covered with this liquor: season to your taste, cover the pan close, and let the whole stew very gently. It is done when a fork plunges easily into the thick part of the fish.

#### MACKEREL.

Mackerel are in season in April, May, and June, and though an expensive and rare dish in country places remote from the coast, they are plentiful and cheap in many sea-port towns. The delicacy of the mackerel will not allow its keeping long out of the water, and many people consider its flavour lost, unless the mackerel jumps from the sea into the boiling pot. In the islands of Jersey and Guernsey they are eaten in perfection at a halfpenny per fish. To boil mackerel properly, cover them barely with water, a third part of vinegar, a handful of salt, some whole pepper, a bunch of fennel, and a bunch of parsley. Boil very fast, and garnish the dish with fennel. Serve with melted butter and fennel chopped into it. Some people eat gooseberry-sauce with it.

#### BROILED MACKEREL.

Empty the fish without washing it, and wipe it well. Slit open the back, strew salt over it, and brush it over with oil, or lard, or dripping upon a

feather, to prevent it sticking to the gridiron. When done, put it in a hot dish, and spread over it some dripping previously kneaded with chopped fennel, parsley, lemon-juice, salt, and pepper.

#### BAKED MACKEREL.

Stuff the fish with bread-crumbs and sweet herbs chopped fine, and put it in a deep dish with half a pint of broth, a dessert-spoonful of catsup, ditto vinegar, some salt and pepper. Cover the fish with bread-crumbs, and send it to the bakehouse or your own oven.

Haddocks and whittings are delicious dressed in this way. The former fish are in season in July, August, and September: the latter in January, February, and March.

#### PICKLED MACKEREL.

Boil the fish: then boil some of the liquor with vinegar to the strength you require, a few whole peppers, and some bay-leaves. When the liquor is cold, pour it over the cooled fish.

#### HERRINGS.

Herrings are cheap and plentiful during April, May, and June, and they are a most useful and economical fish in each state, fresh or dried. They are invaluable as adjuncts in a large family, to add to a dinner upon emergent occasions, or to make a

dish of herrings a sole and substantial repast. In North Wales they form the chief sustenance of its humbler class of inhabitants, whose temperate and excellent meal of dried smoked herrings, embedded in nicely potatoes mashed in sweet butter-milk, is as nutritious as it is delicious. I shall therefore offer herrings in various forms to my economical readers.

#### BAKED HERRINGS.

Clean and dry the fish without washing them, but leave the roe in, after wiping it clean. Cut off the fins and tail. Sprinkle the bottom of the jar with a little cochineal, cayenne pepper, salt, mace, and common pepper, and fill it alternately with layers of herrings and finely sliced onions, till the jar is filled. Then add a pint of port wine, a pint of vinegar, and a bay-leaf. Send it to the oven, and let it bake with a batch of bread.

#### STEWED HERRINGS.

Put some pickled herrings into a deep dish, and fill it with nicely mashed potatoes and a little good broth. Bake it in the oven, a nice brown.

#### TO DRESS RED HERRINGS.

Choose fine large fish, cut them open, and soak them half an hour in boiling small beer. Drain them dry, and make them hot through in a Dutch oven; then rub some nice dripping over them, and

serve them on mashed potatoes. A few drops of sweet oil dropped over the fish when quite hot, enriches its appearance more than dripping or butter. Egg sauce may accompany the dish upon table.

#### BROILED HERRINGS.

Clean the fish well, then flour them, and broil them a nice brown ; rub them when done, and place in a hot dish, with the same preparation as I have recommended for broiled mackerel, omitting only the fennel.

#### FRIED HERRINGS.

These are excellent, cleaned and dried in a napkin, then fried a light brown ; and served with finely sliced fried onions which have been previously boiled five minutes, in five different waters. This mode of preparing onions entirely removes the powerful disgusting effluvia arising from a wholesome vegetable, which has long been banished the presence of the delicate and refined, from its unbearable potency. Slice the onions, to garnish the dish, very fine ; the appearance of a dish is improved by all its materials being delicately served up.

#### POTTED HERRINGS.

Clean them well, season with pepper and salt, and bake them in a pan with some whole pepper, bay-leaves, and a piece of butter. When cold, lay

them in potting pots, and pour melted lard over them, which answers quite as well as butter, without its expense.

#### PICKLED HERRINGS.

Clean them well, then cut each side into four or five pieces, after the fish has been boiled. To six good-sized herrings, take an ounce of pepper, two nutmegs, a little mace, four cloves, and a handful of salt, all finely powdered and well mixed, which must be thrust into each piece of fish and well rubbed over each ; then fry them in nice clarified dripping, or goose oil, which is still richer and better. Let them remain till cold, when they must be put in a stone jar, and covered with vinegar. If you pour oil on the top, it excludes all air, and the contents of the jar will keep many months.

#### EXCELLENT DISH.

Mix twelve ounces of potatoes, boiled and well mashed, with a little milk or butter, one ounce of suet picked clean, and free from veins, a little milk, and two ounces of red herrings pounded fine in a mortar, to a proper consistence, and bake it a nice brown in a pie dish, or made into fish cake.

Let me lay a stress upon its being understood, that red herrings must always be subject to soaking well, before they are dressed in any form. Soak them in vinegar and water, or pour boiled *small* beer over them some time previous to using them.

Some people like the strong salt flavour ; in which case, soak them for a shorter time, but they are not so nutritious, and create painful thirst.

#### CONGER EELS.

Conger eels are plentiful and cheap near the sea, and they are in season from April to October. Some people consider eonger a coarse and large fish, but I have tasted them in the islands of Jersey and Guernsey, and considered the fish excellent : but it must be dressed delicately.

Cut the eonger into steaks ; rub the steaks over with yolk of egg, and dredge them with bread erumbs. Fry them a nice brown, garnish the dish with crisped parsley, and serve it with tomato sauce. This is an exellent dish.

#### BOILED CONGER.

Boil part of a eonger in the liquor which I have described as proper for all boiled fish, and then fry it in a light batter, whieh is composed thus :—Break three eggs into a basin, beat them to a froth with a little salt and nutmeg, then put to it four or five ounées of flour : beat it very smooth, and add milk enough to make it the eonsisteney of cream. If eggs are searee, use flour and small beer in the place off eggs.

Boiled eonger is also very good sent to table in flakes, to be eaten with oil and vinegar, or fish sauce, or served up with gravy of mushrooms and sippets.

## FRESH-WATER FISH.

Trout, pike, carp, &c., are excellent dressed in fillets, which have a more delicate appearance than being simply boiled. I advise all young housekeepers to send their fish to table in fillets or cutlets. Boiled fish is generally tasteless, and sauces are invented to make up for the deficiency of its flavour.

## FRIED EELS.

Cut eels into pieces three inches long, which makes it an easy task to serve them to your company—open them on the belly side, clean them well, and wipe them dry, by laying them on a clean dry cloth, and rolling them in it. Then dip each piece in yolk of egg, or lay the yolk of egg on with a paste brush kept on purpose, which is better ; then dredge them with bread crumbs, and fry them a nice brown.

Garnish well with parsley, and serve with parsley and butter.

## BOILED EELS.

Let the fish be small for boiling, and after cleaning them well, simmer them in little water with plenty of parsley. Garnish with parsley, and serve with parsley and butter.

## SPITCHCOCK EELS.

Let them be good-sized eels ; leave the skin on, which indeed should be the case with all fish, for it

is most nutritious—and wet them with well-beaten yolk of egg ; strew over, on both sides, finely-chopped parsley, pepper, salt, and a little finely-pounded mace. Rub the gridiron with suet, and broil the fish a fine light brown. Serve with anchovy and melted butter, or any approved fish sauce.

#### STEWED EELS.

Lay the eels, after being well cleaned, in a stew-pan, with a rich beef gravy, an onion, a dessert-spoonful of Jamaica pepper, ditto black pepper. Cover the pan close. When nearly done, add two anchovies finely chopped, a dessert-spoonful of made mustard, some walnut catsup, and if you please, a glass or two of port wine. Let the whole boil a few minutes. Serve with sippets of bread, nicely fried in lard or oil.

#### COLLARED EEL.

Bone a fine large eel, but let the skin remain on. Rub the whole of its inside with pepper, salt, mace, allspice, and two cloves, pounded very fine, but the quantities of each spice must be always regulated by your own taste. Roll it up very tight, and bind it together with a coarse broad tape, covering it equally all over. Boil it in water with a handful of salt thrown in, and two bay-leaves, till nearly done, when half a pint of vinegar must be added. When cold, take off the bandage gently and keep the eel in pickle.

If you add finely-chopped sage, parsley, a little thyme, savory, and marjoram, to the spice, it greatly improves the taste. Send it up whole, or in slices, well garnished with parsley.

#### TO STEW OYSTERS.

Open the oysters, wash them well, take off the beards, and put them in a stewpan, with their own liquor strained, a bit of mace and finely-shred lemon peel, and a few white peppers. Simmer them very gently with a little cream, or new milk, and add gradually a little flour, and a small bit of butter, till it becomes of a proper thickness. A few minutes is sufficient to simmer them. Serve with sippets. Oysters are in season January, February, and March.

#### SCALLOPED OYSTERS.

Put bearded oysters into scallop shells with bread-crumbs, or pounded biscuit, pepper, salt, a little pinch of nutmeg, and a bit of butter. Brush the tops with butter, or yolk of egg, and brown them in a Dutch oven.

#### PICKLED OYSTERS.

Take the beards from the oysters you mean to pickle, and simmer them gently in a stewpan or saucepan, with their own liquor, for ten minutes. Then put them into a stone jar one by one, and cover them when cold with the following pickle.

Boil their liquor with a half stick of mace, some lemon peel pared very thin, a dessert-spoonful of black pepper, and two table-spoonsful of vinegar to every hundred oysters. Tie the jars close with bladder, for the air spoils them ; and the jars or pots should be small enough to allow the whole of the contents to be used at a time.

#### TO POT ANY SORT OF FISH.

Half boil the meat of fish, and if possible have the spawn with it ; pound it, and season with mace, white pepper, salt, nutmeg, and cayenne pepper, all finely pounded. Press all together in a pot, and bake it half an hour. When cold, take out the fish, press it into small pots for use, and cover each with melted clarified dripping. When sent up to the breakfast or supper table, turn it out of the pot, remove the cake of dripping and garnish it with curled parsley.

Every sort of cold fish makes a pretty breakfast or supper dish, by being well seasoned, mixed smoothly with mashed potatoes and a *little* cream, or milk, or butter ; then rolled into small balls, dipped in yolk of egg, and fried a nice brown. Garnish with curled parsley.

Upon particular occasions, pounded biscuit is more elegant in taste and colour than bread-crumbs ; and the expense is not material.

Every kitchen should have a paste brush, to brush yolk of egg over the fish. It is expeditious and

cleanly. It should be kept for that purpose alone, and the cook should keep it always dry and clean, folding it in white paper after it has been scalded and well dried. Hold the fish up by plunging a fork through its gills, while you apply the brush.

#### FISH PIE.

Every description of cold fish makes an excellent pie. Take the skin off, and take out the bones, then lay your fish in layers, and season each layer with equal quantities of pepper, salt, mace, and allspice, till the dish is full. Save a little of the liquor the fish was boiled in ; put the bones and skin of the fish into it, and let it boil a quarter of an hour ; now strain it through a sieve, let it settle, and then pour it into the dish. Cover it with a puff paste, and bake it an hour and a quarter.

#### SPRATS.

Sprats are a delicate fish, and not dear. Run a piece of iron wire through the heads of the fish, of the fineness of packthread, and let the wire be as long as the breadth of the gridiron. This is to keep them together. Sprinkle a little flour and salt over them, put your gridiron over a clear fire, and turn them, when the upper sides are a nice brown. When the under sides become brown also, draw out the wire and dish them. Garnish with crisp parsley, and lay the fish on a delicate napkin.

Sprats are excellent brushed with egg, and dredged with bread-creumbs, previous to broiling.

STEWED SPRATS, HERRINGS, AND MACKEREL.

Wash and clean your fish, and lay them level in a stewpan ; between each layer put three pepper corns, three allspice, and a little salt. Add one bay-leaf, and barely cover them with vinegar. Stew them very gently one hour.

## FISH SAUCES.

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### EXCELLENT SAUCE TO KEEP.

SIX spoonsful of Indian soy, six ditto of walnut eatsup, twelve anchovies shred small, four cloves of garlie, half an ounce of cayenne pepper, and ochineal to colour it. Throw these materials into two quarts of strong vinegar, and stir every day for a fortnight. Then bottle for use.

### TOMATO SAUCE.

Put some tomatoes, when quite ripe, into a pan, and bake them very tender; rub them through a sieve, and to every pound of pulp put a quart of vinegar, half an ounce of white pepper, ditto salt, one ounce of garlie, ditto shalots sliced, and the juiee of three lemons. Boil it altogether till quite tender; then run it through a sieve, and boil it again till it is of the thickness of cream. Bottle it in half pint bottles. Cayenne pepper to taste.

### FISH SAUCE.

Wash two anchovies very elean; take the meat from the bones, and mash it very fine with a knife. Put it into a saucepan with half a pint of water, or fish broth made from the bones of fresh fish, a clove

of garlic, and cayenne pepper to your taste; set it by the fire, or upon the stove, to simmer half an hour: thicken it with butter rolled in flour, and give it one boil up.

#### SHRIMP SAUCE.

Wash the shrimps after they are picked from the shells, by pouring a little water over them. Put them into some butter melted thick and smooth, give them a boil up, and add the squeeze of a lemon.

#### LOBSTER SAUCE.

Pound the spawn, and two anchovies, pour upon them two spoonsful of gravy, and strain it all into some nicely melted butter: then put in the meat of the lobster chopped, give it a boil up, and add a squeeze of lemon. The lobster must have been previously boiled.

#### OYSTER SAUCE.

Open the oysters, and boil their liquor, with the beards, and a bit of mace and lemon peel. Throw the oysters meanwhile into cold water and drain it off. Strain the boiling liquor, and pour it over the oysters in a stewpan or saucepan, with as much butter, mixed with a little milk and flour, as will make a sufficient quantity of sauce. Set it over the fire, stirring it all the time, and when the butter has boiled *once*, take off the saucepan, and set it near the fire to stew a little. Do not let the oysters

beeome hard. Squeeze in a little lemon juice and serve. A little cream upon extraordinary oecasions, will prove a great enricher of the sauce.

#### SUPERLATIVE SAUCE.

Mix well, a pint of port wine, ditto mushroom-catsup, half a pint of walnut-pickle, four ounces of pounded anchovies, an ounce of lemon peel pared very thin, an ounce of sliced and peeled shalots, ditto scraped horseradish, half an ounce of pounded black pepper, ditto pounded allspice, and one draehm of eayenne pepper. Put all these ingredients into a wide mouthed bottle ; stop it close, and shake it every day for a fortnight.

#### PARSLEY AND BUTTER.

Mix a teaspoonful of flour to four ounées of butter, well. Put it into a saucepan with two or three tablespoonsful of hot water, and boil quick one minute, shaking it one way all the time. Then throw into it a quantity of finely minced boiled parsley. Keep parsley seed, if you have no garden, and boil a little muslin bag full of them in the water which is to melt the butter. Boil it ten minutes, and then melt the butter in it. The flavour of parsley will be equally strong.

#### SLICED CUCUMBER

Is excellent with fish. Slice the vegetable into salt and water, which extraets the unwholesome part. Then wash it and serve.

## LIVER SAUCE.

Boil the liver of the fish, pound it in a mortar with a little flour, and stir it into some of the liquor the fish is boiled in, with some chopped parsley, a few grains of cayenne, a little catsup, or soy, and a squeeze of lemon juice.

I do not name a multiplicity of other fish sauces, which become expensive as an article of consumption, and tells in the oilman's Christmas account. A little melted butter seasoned with cayenne pepper, a squeeze of lemon juice, or camp vinegar, is quite sufficient as a relish to unsophisticated stomachs, and thinly filled purses. The sauces above mentioned, are intended for those who may wish occasionally to vary their mode of living, or who wish to be provided against sudden emergencies, or in case of giving a dinner party, as a lady may cheaply and easily prepare them herself.

## SOUPS.

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A good housewife will never suffer herself to be without plenty of dried herbs, to be ready against any emergency. They should be gathered in dry sunny weather, while in blossom, dried very gradually in the sun, or in the oven, then rubbed into powder and corked tight down in jars or bottles. I have known all sorts of pot-herbs dried, keep a long time in brown paper bags, stowed away in a dry closet, but bottles or stone jars are best, with labels attached to each : it prevents hurry and consequent confusion.

Rice, before it is used in any form, should soak some time in water, to clean and swell. If allowed to remain five hours in water, before use, it dresses much more quickly. Rice is seldom boiled sufficiently in England.

Whenever vegetables are cooked in soups or broths, let them be cut into small pieces, about an inch in length. They boil better, and look better, if you choose to serve them up without straining. The smaller they are cut, the more delicate will be their appearance. Nothing is more wretched in taste

than sending up whole turnips, and lumps of carrots swimming in a tureen, half boiled, looking like stones in a muddy road. I have eaten delicious soups composed of cheap materials, attractive from the delicacy of their form, and excellent from the ease and cleanliness with which those materials have been prepared.

A few adjuncts give body and flavour to the plainest soup. A tablespoonful or two of Harvey's sauce, will give great richness and colouring to a soup prepared from odds and ends of fresh or cold meat, and vegetables: and from allowing every soup to stew slowly, closely covered, the bones of meat throw out a most nutritious and gelatinous matter, which is not effected by quick boiling. Every soup should stew gently four or five hours.

Soups should be made the day before they are wanted. Warming them up, thickens and improves them. A soup is richer and better flavoured the fourth time of warming up than the first time. Young housekeepers are not always aware of this; and I have known expensive materials thrown away in ignorance or prodigality, the second day, which would have made excellent soup for the whole ensuing week.

Be very careful when soup is to be put by for a few days, to pour it daily into fresh scalded pans; for vegetables are apt to turn acid.

Whenever your soup becomes thin a lump of butter rubbed in flour, boiled in it, will recover its tone: but soup is never thin if you boil it sufficiently.

Marrow bones are excellent for soup, after the marrow has been taken out; crush them, or break them into rather large pieces, that by slow stewing the gelatine may be well drawn from them. All bones are useful in soups, after having been well soaked. The bones of poultry, game, &c., after proper clearing, should be returned into the soup pot, to do their duty in another line. Do not give them to your dog, till they have made part of a good soup.

Never keep soups in metal of any kind. Be very particular in pouring your newly made soup into clean earthenware pans or China tureens: and use only well tinned pots upon the fire. A thousand accidents have occurred, and do daily occur, from the slovenly and wicked practice of allowing soup to remain in brass pans.

When newly-made soup has become cold, it throws up a thick cake of fat upon its surface, which taken off gently, and rubbed dry and clean, makes excellent puddings, &c., and is better still for frying with. Keep it in a cool dry place.

Bind the faggot of pot-herbs together, and take it out of the soup with a fork previous to dishing up.

Have a ladle always in the kitchen for soups and gravy compositions. Wooden or silver ladles only, for all kitchen purposes are desirable. A tin ladle gets very nasty unless very brightly kept.

No meat makes soup that has been rubbed with saltpetre.

## SHIN OF BEEF SOUP.

Put a shin of beef five pounds weight into a boiler with the bone sawed in several places, to which add four quarts of water by degrees. Put in also six or eight carrots, and two or three turnips cut small, a dessert-spoonful of pepper, the same of salt, and a large crust of bread burnt, or toasted almost black. Cover the boiler down close, and let it stew seven hours. When it becomes cold, take the fat off, which can be put by for common pastry.

The following day, an excellent dish is composed of the meat warmed up, with the vegetables ; and the soup can be strained from the vegetables when rewarmed, with some of the meat cut into small squares into it. A glass or two of port wine gives it an excellent richness, and add cayenne pepper to taste.

The soup should be boiled down quite to a jelly.

## MULLIGATAWNY SOUP.

Divide a calf's head, clean and soak it well, as also a cow's heel. Boil them, and let them get cold. Then slice them, and fry the slices in a little butter, stew down the bones, strain the liquor, after being well stewed, and let it get cold, after which take off the fat.

Now, slice four onions, fry them brown in butter, take four dessert-spoonsful of curry powder, a dessert-spoonful of turmeric powder, a teaspoonful of cayenne

pepper, and add them to the soup and meat already prepared, and let the whole simmer for two hours. Add a clove of garlic.

A knuckle of veal sliced, in lieu of the calf's head and cow heel, is very good, but less rich.

#### HESSIAN SOUP.

Take two pounds of shin of beef, and cut it in slices : add to it when laid in the stewpan, one pint of split peas, two onions, four carrots, six potatoes, two heads of celery, some whole pepper, some salt, and five quarts of water, poured in very gradually. Stew all the materials together, till half the quantity is boiled away.

Strain through a hair sieve, if you make this soup for company, otherwise it is excellent sent up with its meat and vegetables.

#### MOCK TURTLE.

Wash and clean well half a calf's head : half boil it, and cut off the meat in square bits ; break the bones of the head, and stew them in some veal and beef broth to add to the richness. Now fry some sliced shalot in butter, and dredge in flour enough to thicken its gravy ; stir it into the liquor the bones were stewed in, and give it one or two boils up. Now skim it well, take out the bones, and add the meat which was cut into squares : put in also a glass of port wine or Madeira (port wine gives it a rich colour), and simmer the whole till the meat is tender.

Ten minutes before you serve the soup, add a faggot of chives, parsley, basil, and tarragon, and seasoning of cayenne pepper and salt to your taste, also two table-spoonsful of mushroom catsup, and one ditto of soy.

Squeeze the juice of a lemon into the tureen, and pour the soup upon it, as well as upon force-meat-balls, and egg-balls, ready prepared.

#### EXCELLENT CHEAP SOUP.

Put four pounds of shin of beef sawed into five or six pieces, a calf's foot, and a quarter of a pound of pig's liver, or bullock's liver, into an earthen pipkin, three-quarters full of water, or what is better, the water in which a leg of mutton has been boiled, and place it on a good fire. Take off the scum as it rises. When the pot has come to a very gradual boil, put in a bundle of leeks, some turnips, carrots, celery, onions, a clove of garlic, and a few cloves. Let the whole boil very gently for three hours, with the cover on, then simmer it three hours longer, at the boiling point. Put in salt to taste, but no pepper. The moment the soup is taken off the fire, strain it, and put it to cool in an open earthen pan. Warm it up for use, with rice, or sago.

Put some small crusts of bread into the tureen, ten minutes before dinner, and pour some of the soup over them to get well saturated; then set the tureen before the fire with its cover on, till the rest of the soup is ready to pour into it.

The meat and vegetables warmed up together, make a nice dish for dinner, after being strained from the soup.

#### WHITE SOUP.

Stew gently a knuekle of veal sawed into two or three pieees, a slice of lean ham, three or four onions, a little thyme, mace, and cloves. Stew it the day before it is wanted, and let it remain simmering till the soup or stoek beeomes very rieh. When cold, take off the fat, for pastry, &c., and put the stoek again into a clean saueepan, when it is to be re-warmed for use.

Mix two table-spoonsful of fine flour with half a pint of fresh eream, a little eayenne pepper, and salt, in a basin, and when the soup boils up, pour these ingredients into it, and let it boil a few minutes. Then pass it through a sieve into a bowl, and put it on the fire just before dinner with a little vermicelli.

#### FRENCH SOUP.

Take about six pounds of lean beef, put it into a boiler with a little pepper, salt, and allspice: add gradually three pints of water, and let it simmer two hours on the fire, or on a stove. Then add plenty of eabbage nicely washed, taking eare to shred each leaf separately, and stew the whole two hours longer. When the soup is a nice thicknes, pour it and the eabbage into a tureen, in whieh some bread has been previously sliced.

Send up the meat upon another dish, and having boiled in a saucepan some nicely sliced carrots, turnips, onions, and celery, quite tender, take a cupful of the soup, thicken it with flour and butter, chop finely into it either pickled walnut, capers, tomato, or mushroom catsup, add it to the saucepan of vegetables, give the whole one boil, and pour it over the beef.

This is a delicious dish, and will bear warming up every day while it lasts.

#### SCOTCH MUTTON BROTH.

Soak a neck of mutton in water one hour; then cut off the *scrag* end, and put it into a stewpan, with two quarts of water. When it boils, skim it well, and then simmer it an hour and a half.

Now take the *best* end of the mutton, slice it into chops, two bones in each chop, and shave off the skin and fat hanging to each bone: put as many as you please into the broth, and skim the whole well every quarter of an hour. Slice five or six carrots, ditto turnips, and three onions into the broth, add four table-spoonsful of Scotch barley, previously soaked in water for an hour, some chopped parsley, and salt to your taste. Serve the whole up together in the tureen.

#### SCRAG OF MUTTON BROTH.

Put the scrag end of a neck of mutton, and a sheep's melt, into a saucepan with two quarts of cold

water added gradually, and remove the scum as it rises. When it reaches the boiling point, add some turnips, sliced carrots, an onion sliced, half a clove of garlic, and some pepper and salt. Let the whole simmer five hours. Chop parsley into it, about half an hour before you serve it.

#### SCOTCH BARLEY BROTH.

Wash three-quarters of a pound of Scotch barley, and put it in a stewpan or soup-pot, with a knuckle of veal or shin of beef sawed into four pieces: cover it well with cold water, boil it gradually, and skim the fat off as it rises. Put half a dozen tolerably-sized onions into the skimmed soup, and let it simmer gently two hours. Then skim it well again, and add two heads of celery, and a large turnip cut into squares or dice. Salt it to your taste, and let it stew an hour and a half longer. Skim the soup or broth again well; take out the meat with a sieve, and pour the broth into the tureen.

Leave a quart of the broth to dress the meat with, as follows:—

Put an ounce of flour in a clean saucepan, and pour the quart of broth into it by degrees, stirring it the whole time, and keep stirring till it boils. Then put a glass of port wine to it, give a boil up, and strain it through a sieve upon the meat, previously laid upon its proper dish.

## WINTER HOTCH POTCH.

Cut the best end of a neck of mutton into neatly-trimmed chops. Put four quarts of water on, to boil gently, containing two sliced carrots and two sliced turnips; a *whole* turnip and a whole carrot, with a pound of dried green peas which have been twelve hours soaked in water. Let this boil two hours.

Now, take off the pot, and bruise the *whole* carrot and turnip, replacing them again, with two more sliced carrots and ditto turnips: put in also the chops, with some pepper and salt, an onion cut small, and a head of celery. Boil slowly three quarters of an hour more. Serve it altogether in a tureen.

## ECONOMICAL SOUP.

Cut three or four pounds of lean beef or lean mutton into slices; fry them in the frying-pan, then lay them, with their gravy, in the soup-pot. Add to them a good deal of turnip, cut in thick slices, some sliced carrots, two large onions, a handful of black peppers, and two roots of celery with their green tops on. Let it boil up once, and then let it stew gently till all the meat is dissolved. It is a good plan to put the soup on a slow fire after dinner, and leave it on all night. Strain it when quite warm, and let it stand a day, after which time take off the fat, and put it by in a clean basin, for frying purposes.

## GOOD AND CHEAP SOUP.

Soak a quart of split peas for twenty-four hours in water, and then put them into two gallons and a half of water, with two pounds of potatoes that have been boiled the day before, well mashed, plenty of herbs, salt, pepper, and two onions. Boil them very gently five hours, closely covered down. Set it to cool, and warm it up, when required.

These proportions make two gallons of excellent soup.

## GOOD SOUP.

Cut half a pound of mutton, or beef, or pork, into small pieces; and put them into seven quarts of water, with half a pint of peas, four sliced turnips, six potatoes cut small, two onions, and a faggot of herbs. Let the whole boil gently over a very slow fire two hours and a half. Thicken it with a quarter of a pound of oatmeal a quarter of an hour before it is done, and after the oatmeal is put in, stir it continually, giving it a boil up. Season with pepper and salt.

## SHEEP'S HEAD SOUP.

Skin and split the head, and take out the brains. Soak it in water all night; and put it the following day into four quarts of fresh water, and boil till the scum rises, which must be well skimmed off. Then add some sliced onions, carrots, and turnips, and let it simmer some hours, till the meat is perfectly

tender. Take out the head when done, and thicken the broth with a little oatmeal, boiling it afterwards only ten minutes.

#### BAKED SOUP.

Slice a pound of lean meat, two onions, and two carrots, into an earthen jug or stewpan, with two ounecs of riee, washed and soaked previously, a pint of split peas, or whole ones, some pepper and salt. Cover it all with water, and close the lid down close. Bake it with your bread.

#### CHEAP RICE, MEAT, OR CURRY SOUP.

Clean a good ox-eheck, and soak it well; then boil it in three quarts of water, with four sliced onions, and a faggot of pot-herbs: strain it, after skimming it well; cut the meat in pieees, and stew it four hours, with six ounecs of riee washed, some pepper and salt.

This exeellent and cheap stew-soup may be seasoned with curry powder, by way of variety. It can be made with two well washed eow heels also, instead of the ox-eheek, or a knuekle of veal.

#### PIGEON SOUP.

Roast six pigeons for ten minutes, then cut the fleshy parts off: put a good handful of flour on the bones, pound them well in a mortar, and then stew them on the fire with some good ready made gravy, a pieee of butter rolled in flour, some onions, shalots, and a faggot of tarragon, chervil, parsley, and basil,

besides a few turnips and carrots. Season it with cayenne pepper, and a blade of mace. Boil it gently two hours, then pass it through a cullender, work it through a tammis, and put it in a soup-pot with the fleshy part of the pigeons. Simmer it an hour, and serve it.

#### EXCELLENT SOUP.

Take a pound of meat of any kind, or pieces of cold poultry and game cut small. Boil them in eight pints of water till the scum rises ; skim it well. Add a quarter of a pound of rice, well washed, and slice into it any vegetables you can spare. Add salt and pepper, and let the whole stew till it is reduced to three pints.

#### HARE SOUP.

A tough old hare is not so difficult to obtain as it was in days of yore, when a man's life was forfeited for snaring one. Skin it, and clean it well ; cut it in pieces, and lay them in your soup-pot, with two or three shank bones of mutton, well soaked and brushed clean, and then broken ; a slice of lean ham or bacon, an onion, and a faggot of sweet herbs. Pour on it two quarts of water, and let it stew gently till the meat is stewed to rags. Strain off the liquor, and give one boil, after adding an anchovy cut in bits, a spoonful of soy, and a little cayenne pepper.

A few small fine forcemeat balls, fried a nice brown, improves its appearance and flavour.

## VEGETABLE SOUP.

Slice all the vegetables you can get, small—such as white cabbage, carrots, turnips, parsnips, endive, parsley, leaks, chervil, celery, parsley *roots*. Get equal quantities of each, if you can, and be sure not to forget a little thyme. The more herbs the better. Put a bit of butter, or goose dripping, or oil, at the bottom of a large saueepan, and lay your vegetables upon it. Let them stew gently, well covered up, till the vegetables become soft and yellow. Turn them often, by shaking the pan well, to prevent their burning. When the vegetables are quite soft, pour *boiling* water gradually upon them, till it becomes a suffieiently thick soup, stew gently a little longer, and serve.

Some people strain it before serving, but they lose a good deal of excellent vegetable by so doing. Add pepper and salt always to your taste.

## GREEN PEA SOUP.

Put three pints of old green peas to three quarts of water, and add a bunch of mint tied in a faggot, three middle sized onions, and some pepper. Boil it to a pulp, and strain it through a sieve ; then add to it some *young* peas, some sliced onions fried, some sliced eueumbers and lettuce fried, and a little more mint fried and chopped fine, and let it stew gently till the fresh vegetables are well done. Serve altogether, in a tureen.

## WINTER PEAS SOUP.

Cut half a pound of lean ham or bacon into slices, and lay them at the bottom of your soup-pot. Add to them a pint of split peas, three or four carrots, turnips, and onions, some pepper and salt, and eight pints of water. Take it off the fire when it comes to a boil, and let it simmer four hours. Strain it, and pour it into the tureen, over fried bread cut into dice, and pounded mint.

Add celery to the vegetables, if you like, cut small.

## CARROT SOUP.

Cut eight or nine dark coloured carrots into slices, and stew them in a nice gravy till they are tender. Then rub them through a tammis, and mix it altogether of a proper thickness, seasoning it with three knobs of white sugar, salt, and a little cayenne pepper.

Make the soup the day before it is used.

## TO MAKE BROWN TURNIP SOUP.

Take five or six turnips, according to their size, and two onions: slice them, and fry them brown in a little butter, with some pepper and salt. When they are properly fried, stew them until quite tender, in some good broth. Pulp it through a tammis, and thicken it with flour and butter to the consistency of good cream. When that is properly done, give it all a boil up, and serve it in a tureen.

## SCOTCH LEEK SOUP.

Put the water that has boiled a leg of mutton into a stew-pot, with a quantity of chopped leeks, and pepper and salt. Simmer them an hour; then mix some oatmeal with a little cold water quite smooth, pour it into the broth, set it on a slow fire, and let it simmer gently till the leeks are quite tender. Do not let it burn.

## GIBLET SOUP.

Scald and clean well two sets of goose giblets, or four sets of duck giblets; piek them very clean, wash them in three different warm waters, cut off the bills, and split the heads, and cut the liver, and gizzards, and necks, into small bits: then crack the bones of the legs, and put them all into a stewpan, covering them with cold water. When they boil, skim it well; then put in a faggot of parsley, with a very little lemon, thyme, and marjoram, a handful of black peppers, and twenty berries of allspice, tied in a muslin bag. Stew gently till the gizzards are very tender, then take them up with a spoon, full of holes, and put them into a tureen ready for the soup to be poured over them.

Melt an ounce of butter in a clean stewpan, and stir in it as much flour as will make it into a paste: then pour the liquor the giblets were boiled in upon it by degrees, gently; let it boil up, stirring it all the time: skim it, strain it into a clean stewpan,

season it with a table-spoonful of mushroom catsup, and a glass of wine; boil it up again, and pour it hot over the giblets. Give it a squeeze of lemon.

Giblets may be had from January to July. Prepare the soup to be ready to pour speedily over the giblets.

#### EXCELLENT SOUP FOR LARGE FAMILIES, OR FOR THE POOR.

Cut two pounds of beef into small slices, and put it into eight quarts of water, with four onions, ten turnips, half a pound of rice, a large handfull of parsley, thyme, and savory, and some pepper and salt. Add also potatoes and oatmeal. Stew the whole very gently four hours.

#### ANOTHER SOUP.

Boil an ox-cheek, two peeks of potatoes, a quarter of a peck of onions, one ounce of pepper, half a pound of salt, and plenty of any sort of garden stuff, in ninety pints of water, till it is reduced to sixty pints.

A pint of the soup and a bit of the meat is enough for one person. Do not skim these soups. The skimming is the most nutritious part, as the *look* cannot signify to hungry people.

## HINTS RESPECTING MEAT.

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WHENEVER a lady goes to market let her be careful to choose meat of a fine red, with clean white fat, and she will soon accustom her eye to perceive the fresh bright look of newly killed meat, compared with the dry, dark, flabby look of long-kept or inferior meat.

A round of beef is more profitable than the rump, and the most economical part of an ox. In choosing mutton, that part called the rack, which consists of the neck and a few of the rib bones below it, is cheap and good. The neck makes broth and soup, and the bones below it are cut into nice chops. I recommend also the leg, as the most profitable of all the joints into which a sheep is cut.

A shoulder of veal is not economical, but the shoulder roasts well; and the knuckle divided from it, is useful boiled with greens, or stewed into soup, or made into curry.

Be sure and have the meat weighed when it comes home to see whether it tallies with the butcher's ticket, which should always accompany it; and then hang legs and shoulders with the knuckle downward, upon clean hooks, after wiping them with a dry cloth. Rub salt over the meat in sum-

mer, to prevent fly-blow, and let it be well washed and cleaned with a brush kept for the purpose, before it is dressed.

If the meat is frozen in the winter, soak it in cold water two or three hours; do not bring it near the fire.

Cut off part of the suet upon sirloins of beef, and loins of veal and mutton, for puddings and pastry. Pick the suet free from veins and skin, and let it melt in water before a moderate fire; then let it cool till it forms a hard cake; wipe the cake dry, wrap it in paper, and keep it in a linen bag, or in a tin, which is better still. Suet will keep all the year round, if it is picked clean, chopped, and packed down in a stone jar, covering it well with coarse brown sugar.

Let me again speak upon the subject of cleanliness; for, unless every department of cookery is arranged with neatness and delicacy, it is all lost labour to dress a meal which disgusts the eye and appetite. The inventive genius of the present age has discovered the "kitchen range," which does away with the troublesome process of roasting upon a spit, and saves the cook's face an infinitude of scorching. It also makes a great saving in the wear and tear of pots and pans. Nevertheless, great nicety is required in keeping the stove and oven perfectly clean, and in preventing any droppings of fat touching the hot iron, which will send a most disagreeable effluvia to infect the whole house. Let all kitchen utensils be kept in bright order, ranged

in a conspicuous place, against the wall, and brush them well before you use them.

Lard, which is the fat of pork, is excellent to use in frying cutlets; it must be used plentifully, as in the case of frying fish, and must be boiling hot when you put the meat into it; a small quantity never fries well.

To those of my readers who do not possess a kitchen range, I recommend boiled and baked meats, as infinitely less troublesome in cooking; but if they prefer roasted meat, let them see to the spit being kept clean and bright. A cradle spit is best.

Pieces of charcoal the size of an egg laid about the meat recovers tainted meat, if it is only slightly affected. The following receipt is excellent to restore tainted meat. Prepare it for cooking, then wrap it in a fine *linen* cloth closely sewed up. Then take a shovel of hot coals, or hot charcoal, and plunge them into a bucket of water. Dip the meat into this bucket after the hot coals have been put in, and let it remain five minutes. Dress it immediately.

Keep the meat cloths very clean by carefully boiling them in clean water between each using, and hanging them to dry in the open air. Put them away carefully in a dry place.

Young housekeepers just beginning their vocation are often at a loss to comprehend the terms of their new art. They must understand that "broiling" is always performed by means of a gridiron; and that "frying" signifies employing the frying pan

with boiling dripping hissing in it, before the meat is put into it. Let me also explain the method to clarify dripping, which is so essential in cookery.

Put your dripping into a clean saucepan, over a slow fire, or stove, and when it is just going to boil skim it well—for the scum rises to the surface. When skimmed quite clean give it a good boil, and then when a little cooled, pour it through a sieve into a clean pan. Nicely-cleaned dripping and the skimming of fat from the soup pot, bastes every thing well, except poultry and game. If you strain the dripping through a sieve into a clean pan after use, it will be good for three different times; but the dripping which has fried fish must be kept entirely for fish purposes, as it will not do for any thing else. Keep it in a cool place, and it will keep fresh for a fortnight in summer, and still longer in winter; but clarify it perfectly clean, even if you repeat the skimming and boiling twice.

Clarify suet and hog's lard by cutting it into thin slices, pick out all the veins and skins, put the cleaned suet or lard into a thick and well-tinned saucepan, and set it in a slow oven, or on a slow stove till it is melted. Let it melt very gradually, then strain it through a hair sieve into a clean brown pan. Tie a paper over it, and keep it for use.

Every pound of meat requires roasting or boiling a quarter of an hour; so if you dress a leg of mutton of six pounds weight, it must roast or boil an hour and a half at least. This is a good general rule to go by.



Beef and mutton may be preserved fresh a long while, by putting the meat into a pan, and covering it well over with treacle. Turn the meat in the treacle twice a day, that each part may receive it. Cover the pan, and put it in a cool place.

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#### MOCK VENISON.

Bone and skin a loin of mutton ; put the bones into a stew pan with two anchovies, two onions, a faggot of sweet herbs, some whole pepper, and a little mace, and stew them well together, taking care to break the mutton bones into several pieces. Then strain the liquor off and put it into a clean stewpan, with the mutton, laying the mutton with its fat side downwards. Add half a pint of port wine to it, and when the meat has stewed tender, brown it, and serve with currant jelly sauce.

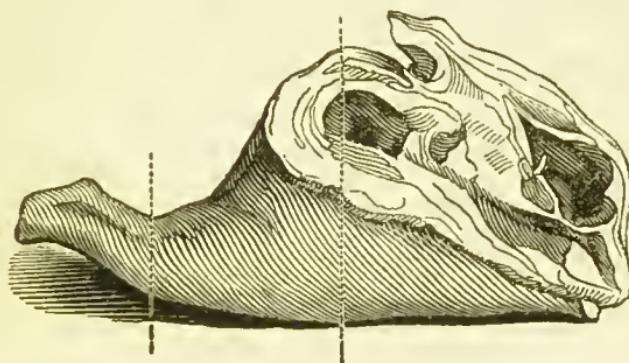
#### LEG OF MUTTON ROASTED.

Spit it evenly if you have no kitchen range, and tie a sheet of writing paper over it, to preserve the fat. Baste it well from the dripping pan as soon as it is put before the fire, and let some nice clean dripping be ready in it. Baste well every quarter of an hour ; but the last half hour, take off the paper, sprinkle a little salt over it, baste it well with the nice dripping, and dredge it with flour. Wait a few minutes till the last dredging becomes quite brown and froth rises ; then dish it up.

## BOILED LEG OF MUTTON.

Soak it two hours in cold water, then tie it in a nice clean cloth, and let it simmer without coming to a boil. Boiling makes meat hard. When done, take it out of its covering, and serve with caper sauce, or Dutch sauce.

A leg of mutton will serve three distinct purposes, where there are but two or three in family, by cutting it into three pieces, according to the marks in the drawing subjoined.



The shank end will make nice broth or soup—the middle part will make a nice boiling piece, and the upper part will make a nice roast fillet. This is therefore, a most uscful joint.

## LEG OF MUTTON, EXCELLENT.

Lard a small leg of mutton thickly with strips of bacon, and let the whole surface of the mutton be browned in a large frying pan, with boiling hot dripping, over a brisk fire. This will stop the pores of the meat. Then put a large slice of ham into a

pipkin, with a ealf's foot, one carrot, one turnip, a bay leaf, two eloves of garlie, two onions, a faggot of parsley, a bit of thyme, a few grains of whole pepper, three grains of allspice, a small anchovy, and a toasted piece of bread to colour this gravy. Lay the leg of mutton upon these ingredients, with the large end downwards, and add a pint and a half of water, or broth, or gravy of any kind, and a table-spoonful of mushroom catsup. Put the eover upon the pipkin, and fasten it down with a strong paste of flour and water. Plaee the pipkin upon the hob, and let it remain eight hours. Serve it hot or cold, with its gravy strained.

#### SHOULDER OF MUTTON.

Do not let it be very fat. Roast it aecording to the reeeipt for roasting the leg, and servc it with onion sauce.

#### BREAST OF MUTTON.

Stew it in gravy till the bones can be easily taken out, then seore it, season it with salt, pepper, and cayenne, and broil it. While it is broiling, skim the fat from the gravy in which it has been stewed, add to it, over the fire, a little bit of butter rolled in flour, some gherkins cut in small pieces, and a few small pickled mushrooms. Let it boil up, and pour it into the dish which is to receive the mutton, or pour it over the mutton.

Breast of mutton is exceilent devilled, and eatcn with hot gravy, or lemon juice squeezed over it.

It is excellent also scored and broiled with plenty of pepper and salt, and sent up with gravy, hot.

#### MUTTON CHOPS.

Cut the chops from a loin or neck of mutton, and pare the bones neatly from the skin and fat. Broil them on a clear fire; often turn them, and season with pepper and salt; when half done, rub a bit of butter on each chop, and serve them hot upon a hot dish.

#### EXCELLENT MUTTON CHOPS.

Fry the chops in plenty of boiling clean dripping a fine brown, and dredge them with bread crumbs and seasoning of pepper, salt, a pinch of cayenne pepper, and minced parsley and shalot. Send mutton chops to table delicately ranged, and garnish with fried parsley.

#### STUFFED LOIN OF MUTTON.

Take the skin off a loin with the flap on, bone it neatly, make a nice veal stuffing, and fill the inside of the loin with it, where the bones were removed. Roll up tight, skewer the flap, and tie twine round it to keep it firmly together. Put the outside skin over the roll till nearly roasted, when you must remove it to allow the mutton to brown. All roast meats must be treated alike in basting.

#### HARICO OF MUTTON.

Cut a neck into thin steaks; take off some of the

fat, and with that fat made boiling hot in the fryingpan, fry the steaks a *light* brown, dredging them with flour ; season with pepper and salt. Now add half a pint of boiling water, a large onion, with two cloves stuck in it, a faggot of parsley, ineluding a sprig of thyme, some green onions, and half a bay leaf. Let it all stew very gently till the meat is nearly done, when you must take it from the fire, skim off the fat, add some turnips fried in dripping, with a little sifted white sugar strewed over them, and some tomatoes cut up, and some sliced carrots small. Let it stew till done. Take out the bundle of herbs, and dish up. Add a spoonful or two of mushroom eatsup, if you like it.

#### HASHED MUTTON.

Cut cold mutton into thin slices, with a little fat upon them, but quite free from veins and skin. Dredge a little flour over them, add pepper and salt, and put them into a stewpan with a bit of butter, and add to it a little gravy. Let the hash become hot, but do not let it boil. Add a table-spoonful of walnut or mushroom eatsup, and serve it up on sippets of toasted bread.

The least expensive gravy to prepare for all stews or hashes, is a large onion, some whole pepper, a pieee of bread highly toasted but not burned, and a dessert-spoonful of walnut catsup, boiled two hours in a pint of water.

## MUTTON HAM.

A mutton ham is useful where there are gentlemen, or when you have company, as it eats well alone, or broils as a breakfast relish, or helps in making up a dinner at short notice, with stewed cabbage, or mashed potatoes.

Let it be cut ham shape, and hang it two days; then put into a stewpan half a pound of common salt, two ounes of saltpetre, half a pound of bay salt, and half a pound of coarse brown sugar, all in powder. Mix it well, make it quite hot, and rub it well into the mutton ham. Pour the liquor into an earthen pan, and let the ham lie in it, turning it every day. In four days' time add two more ounces of common salt to the liquor, and in twelve days take the ham out, dry it, and hang it a week in wood smoke, or what is more easily managed, brush it well over with pyroligneous acid. Put it into a brown paper bag, which keeps out the fly, and hang it up in the kitchen. Take slices from it as you require them.

## IRISH STEW.

Put half a pound or a pound of mutton chops, well pared and cleaned from fat and skin, into a stewpan, with an equal weight of potatoes, one large onion sliced small, pepper and salt to taste, and a little water. Stew till quite tender. Serve.

## SHEEP'S TONGUES.

Soak six or eight tongues in salt and water for two hours, then parboil them and scrape off the outer skin. Put them in a stewpan with a buneli of herbs and an onion, and as they are stewing, add gradually half a pint of water, and let them simmer till they are done. Put them on a dish, and garnish it with mashed turnips.

## SHEEP'S TROTTERS.

Boil a couple of sets of trotters till the bones can be easily taken out of them, but don't remove them. Then fry them in a light batter a delicate brown, and serve them garnished with fried parsley.

## SHEEP'S KIDNEYS.

Broil them, but put nothing but pepper on them till they are done. Turn them often on the gridiron, but don't broil too long, as they require but very little dressing. Put them when done on a dish, and sprinkle a little salt over them, and put a bit of bntter on them. The dish will soon fill with nice gravy. Garnish with fried parsley.

Kidneys are also exeellent stewed. Make a gravy, and after skinning the kidneys put them in a stewpan with the gravy and a few mushrooms fresh. Stew it gently half an hour. Garnish with toasted sippets.

## MINCED MUTTON.

If you have any cold mutton left, boiled or roasted, the following method makes a pretty dish.

Mince the mutton nicely and stew it in a little gravy, to which add a dessert-spoonful of mushroom or walnut catsup, and a *leetle* bit of butter. Stew it *hot* only, thicken it with a little flour to a proper consistency, and pour it nicely into a dish with a wall of well-mashed potatoes round it.

## MUTTON SAUSAGES.

Take a pound of the rawest part of a roast or boiled leg of mutton, chop it extremely small, and season it with pepper, salt, mace and nutmeg. Add to it six ounces of beef suet, some pounded sweet herbs, a quarter of a pound of grated bread, and the yolks and whites of two eggs well beaten, besides a clove of garlic or shalot. Mix it all well, and press it down into a pot. Use it by rolling it into balls and frying it a nice brown. Garnish with crisped parsley.

## MUTTON HOTCH POTCH.

Put mutton chops, nicely pared from skin and fat, into a pitcher or pipkin, with lettuce, turnips, carrots, two cucumbers, and five onions sliced. Add pepper and salt, but no water. Stop the pipkin close, and set it in a pan of boiling water over the fire, to simmer four hours. As the boiling water in the pan wastes, supply it with *more boiling* water.

## MUTTON PIE.

Cut steaks from a neck or loin of mutton, beat them, remove some of the fat, and crush the bones well, that they may make a nice jelly, and lie within compass, instead of making an unsightly appearance. Season with pepper, salt, and a little finely shred onion. Put a little water at the bottom of the dish, and a light paste round the edge: then put in the meat and seasoning, and cover it with a moderately thick paste. Egg over the top of the paste with a feather, and bake it in a moderately hot oven, a nice brown. An hour or an hour and a quarter will do it.

## CHEAP STEW OF MUTTON.

Slice some potatoes that have been boiled into a frying-pan or pot, with an onion or two, some pepper, and some breast of mutton bones, nicely cleaned and the bones crushed. Add a few slices of bacon; cover the pot close, and stew for an hour.

## MUTTON PUDDING.

Make a nice paste with veal suet, flour, and a little milk: roll, and line a basin with it. Put in some steaks without bones, then some veal fat, pepper, salt, and finely shred onion. Add layers alternately till the basin is full, then cover with the paste and pinch the edges to keep the gravy in. Cover the basin with a cloth tied tightly over it, and boil very gently two hours.

Mutton is best from Christmas to Midsummer.

## BEEF.

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### ROUND OF BEEF.

PUT the round, after it is nicely skewered, into a boiler, and just cover it with water. Bring it very gradually to the boiling point, but do not let it boil up, then reduce the fire so as to allow of its simmering only. Close the lid down, and as it must not *boil*, allow twenty minutes for each pound, before you dish it up. Garnish the dish with boiled carrots.

Cold boiled beef forms a variety by appearing occasionally as bubble and squeak. This is made by chopping and frying cold boiled cabbage, with pepper, salt, and a little dripping; and laying it both under and over slices of beef, with fat attached to it, lightly fried.

The round of beef should be carefully rubbed with salt, and laid in pickle for a week, before it is used.

### HUNTING BEEF.

Put a round of beef with six ounces of saltpetre, and let it lie twenty-four hours. Then take six ounces of black pepper, one pound of common salt, and a quarter of a pound of moist sugar, mix them

well together, and rub it into the beef. Let it remain in this pickle three weeks, turning it every day.

When it is to be dressed, put it in a large baking dish, cover it with melted suet, and over that let there be a thick paste of flour and water. Bake it twelve hours in a quick oven, and when done, take off the paste and suet, and trim it for the table.

#### POTTED BEEF.

Remove the skinny parts and fibres of some cold round of beef, mince it fine, and pound it in a mortar with a bit of fresh butter, till quite smooth, seasoning it with nutmeg, black pepper, cayenne, a little mace, and salt. Press it closely down into small flat pots, and pour melted lard over each. When sent to table, remove the covering of lard, and garnish with curled parsley.

#### PRESSED BEEF.

Put a piece of the brisket, or thin part of the flank, or the tops of the ribs, with salt and saltpetre, five days; then boil it till it becomes tender, but boil very gently. When quite tender, put it under a heavy weight, or in a cheese press till it becomes quite cold.

This pressed beef is excellent cold, and makes good sandwiches.

## DUTCH BEEF.

Rub the prime ribs of fat beef with common salt, and let them lie in a pan for three days. Then rub them well with the different ingredients as for hams, and add plenty of juniper berries. Turn the meat every two days for three weeks, and smoke it.

The ingredients for hams, are two ounces of salt-petre, one ounce of black pepper, and one pound of bay salt, and after four days, pour over the ham or beef, a pound and a half of treacle made hot. When taken out of the pickle, let the beef soak twelve hours in cold water, before hanging or rubbing it over with the pyroligneous acid.

## COLLARED BEEF.

Take seven or eight pounds of the thin flank of beef, and rub it over with a handful or two of salt, and an ounce of saltpetre. Let it lie a week in this salt, turning it every day, and then prepare a few sprigs of winter savory, a little lemon peel, a bunch of thyme, half an ounce of white pepper, a quarter of an ounce of cloves, and a nutmeg, by bruising the spice and chopping the herbs well—then lay them on the beef, roll the beef up tight, tie it together with a broad tape, roll it in a cloth, and boil it six hours very gently.

It must be boned well, and the gristle removed, previous to rolling up. Remove also the inside skin, before you lay on the herbs and spice.

## STEWED BRISKET.

Put the part which has the hard fat into a stew-pot, with a small quantity of water, just to cover it. Let it boil up, and skim it well: then add carrots, onions, turnips, eelery, and a few pepper-corns. Stew it very tender, then take out the bones, and remove all the fat from the soup. Serve it altogether in a dish, remembering to cut the vegetables small.

A spoonful of catsup, and a few capers or chopped pickled walnuts added, is an improvement.

## BEEF STEAKS.

Cut the steaks from the rump: broil them over a very clear fire, and put them into a dish which has been made hot, and well rubbed over with a shalot, and into which a table-spoonful of eatsup has been poured. Turn the steaks often while broiling, to keep the gravy in, and rub a bit of butter upon the steaks at the moment of dishing up.

The great secret of dressing a nice steak, is having it cut from a tender rump, and serving it perfectly hot.

## STEWED BEEF STEAK.

Cut a fine large steak from any tender part of beef, with nice fat attached to it. Beat it with the rolling pin, and season it with pepper, salt, and finely shred onion. Lay it in an iron stewpan, and put no water with it. Cover the pan close, and set it by the side of the fire. It must have a strong

heat, but take eare it does not burn. It will require three hours' stewing gently. Serve, in its own gravy.

#### MINCED BEEF.

Mince some underdone cold beef small, with onion, pepper, and salt: add a little gravy. Put it into scallop shells, filling each shell three parts full, and fill them up with potatoes mashed with a little cream: put a little bit of butter on the top, and brown them with a Salamander, or in a Duteh oven, or eommon oven.

#### BULLOCK'S HEART.

Wash it carefully, and stuff it with foreemeat as for hare, and roast it. Serve with eurrant jelly sauce in a sauce boat. Heart is also excellent cut into steaks, and broiled like beef steaks, or stuffed as above, and boiled.

#### BEEF STEAK PUDDING.

Cut slices of lean beef from the under part of the sirloin, and lay layers of oysters bearded, slices of beef, and slices of *veal* fat, alternately. Make the paste of veal suet instead of butter, and boil it in a basin covered with a cloth tied close. Let the pudding boil slowly for two hours.

#### BEEF SAUSAGES.

Take the best part of a round of beef, and chop it very small, putting aside all the little skins. Weigh

it, and add two thirds of the weight of prime fat, which must not be cut so fine as the meat; add also a little saltpetre, one nutmeg, a few cloves and pepper, salt, and allspice, to your taste, all pounded. Mix these ingredients well, and let it stand till the following day. Then put it rather tighter into skins than black puddings. Prick them with a fork, and rub them over with pyroligneous acid. Hang them in a dry cool place.

#### TRIPE.

Stew your tripe tender with milk and onions, and serve it in a tureen.

Or fry in separate pieces dipped in batter.

Or cut the thin part into oblong bits, and stew them in a nice gravy, adding a bit of butter rolled in flour, and a table-spoonful of mushroom catsup.

#### COW HEELS.

A most excellent, cheap and nutritious dish. Soak them well in salt and water, boil them a long time; take them out of the water with a slice, and lay them upon a white napkin dry; or without a napkin, covered over with parsley and butter. If served in a napkin, it must be accompanied with a sauce boat of melted butter mixed with a table-spoonful of vinegar, a ladle of mustard, and a tea-spoonful of salt.

The water in which cow heel is boiled, makes equally good jellies, either relishing or sweet, with

calves' feet. It gives also great richness to soups and gravies.

#### PICKLE FOR TONGUES.

Wash and clean the tongue well in water, and let it soak four hours: then dry it in a cloth. Rub it well over with common salt, and let it lie in this salt two days. Now pour away the brine, and put to it two ounces of bay salt, one ounce of saltpetre, (both pounded,) and two ounces of coarse sugar: rub this all well together, turning and basting it every day for ten days. Let it remain in this pickle a month, turning it once in two or three days. Then dry it.

It is better to do two or three tongues at once, as rather less quantity of ingredients will do. Let the tongues be fat. Pierce the fat with a knife in several places, to let the ingredients enter.

#### ROAST TONGUE AND UDDER.

After cleaning the tongue well, salt it with common salt, and half an ounce of saltpetre, three days. Then boil it till it is tolerably tender. Boil also a fine young udder with some fat to it: let both tongue and udder become cold. Then when you want to dress them, tie the thick part of one to the thin part of the other, and roast them both together. Serve them with good gravy, and currant jelly sauce.

This dish is most excellent.

Whenever beef is ordered, the butcher should take

out the kernels, which prevent the meat keeping well, even when salted. Rub a little salt into the part whence the kernel has been taken out. There are two kernels in each round—there is a kernel also in the thick flank, in the middle of the fat. There is a kernel between the rump and edgebone, and one in each of the neck pieees.

Great attention is required in salting meat; therefore after examining and wiping your beef for salting, *sprinkle* it with salt, and hang it up a few hours afterwards, to drain the blood from it. This method prevents its tasting strong. This must be done before it is rubbed with the salt.

A tongue, if dried, will take four hours' slow boiling. A tongue out of pickle must be slowly boiled three hours. If the tongues are very tender, a fork plunges easily into them.

If you boil a tongue, and set it by with the *skin on*, it will keep three weeks. When wanted for use, put it into cold water, and boil an hour. This is useful to know.

#### BEEF PICKLE.

Boil six pounds of salt, two pounds of coarse brown singar, and two ounces of saltpetre, in four gallons of water. Skim it till the seum ceases to rise; and when cold, pour it well over the beef in a tub or deep pan, till the meat is quite covered. This is excellent also for pork.

Beef is best from Michaelmas to Midsummer.

## VEAL.

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TAKE care to cut out the pipe that runs along the chine of a loin of veal, to prevent its tainting. Wipe each piece well with a soft dry cloth, and sprinkle it with salt in hot weather. A leg of veal is the economical joint. The fillet may be divided into two small ones, where the family is not large, as I have already directed in the leg of mutton.

### FILLET OF VEAL.

A fillet of veal from twelve to sixteen pounds weight, will require roasting five hours at a clear fire. Take out the bone, and fill it with forced meat: let it be skewered quite round with wooden or silver skewers, and when half-roasted, bind a paper over the fat, to prevent its melting too rapidly. The meat is very solid in a fillet, therefore put it a good distance from the *common* fire-place, and allow sufficient time for its being well done, in consequence. Serve a nice brown, with melted butter poured over it.

Cold veal, if at all underdone, is excellent dressed as cutlets, and the fraud is not easily detected. Cut the slices about an inch thick, and rather round, or whatever shape you like, taking care to have fat

with them : wet them with yolk of egg on both sides, dredge them with bread crumbs, and fry them a nice brown in plenty of boiling fat or dripping. Garnish with parsley, and lay little fried slices of bacon round the entlets, which have been rolled up, and tied into shape before frying. Cut away the strings, and then place them round the dish.

#### TO USE UP COLD VEAL.

Cut the cold veal into small pieces an inch square, and tolerably thin ; and have ready also, two yolks of eggs well beat up with a table-spoonful of cold water, and a little grated nutmeg.

Now put a good lump of butter into a stewpan and boil it, sprinkling in half a table-spoonful of flour, and stirring it round several times after the butter boils. When both flour and butter are well mixed, and before the flour begins to change colour add half a pint of water, or nice broth, a bit of orange peel shred very fine, a small faggot of herbs, a bay leaf, and a clove of garlic.

When all these ingredients boil up, and it becomes a proper thickness by constant stirring, add salt to your taste, and put the veal into it. Let it now only simmer ten minutes slowly. In a few seconds after the pan has been taken from the fire throw in the prepared yolks of eggs, only shaking the pan gently for all the ingredients to mix well without using a spoon. Extract the herbs and garlic, and serve up on sippets of toasted bread.

## KNUCKLE OF VEAL.

The knuckle will keep longer than the fillet, and you can cut some cutlets from it, if a dish is required in haste, or the family be small. Break the bones of the knuckle into three parts, that it may take less room in the dish: wash them well: then put them into a saucepan with three onions, a blade or two of mace, and a dozen peppercorns: cover them with water, and simmer it till the meat is quite ready. In the mean time some macaroni should be boiled with it, or some rice, to thicken it, but do not put in too much. Just before it is served, add half a pint of milk. The meat may be served in the soup, or it may be sent up separately, covered with onion sauce: or it may be covered with parsley and butter, and sent up with bacon and greens. Garnish with parsley.

The knuckle is excellent fried with sliced onions and a bit of butter, to a good brown; and have ready some peas, lettuce, and a cucumber or two, stewed an hour in a small quantity of water. Then add these to the fried veal, and stew it till the meat is tender but not overdone. Throw in pepper, salt, and a bit of shred mint, and serve altogether.

## VEAL CUTLETS.

Cut slices of veal about three quarters of an inch thick, beat them with the rolling pin, brush them with yolk of egg, or dip them into it, then plunge

them through a seasoning of bread-erumbs, finely chopped parsley, thyme, marjoram, nutmeg, pepper, and salt, and fry them a nice brown. Garnish with bacon fried in small rolls, and parsley.

The cutlets are also excellent prepared as above, and dressed in a Dutch oven. Pour melted butter and mushrooms over them.

#### POTTED VEAL.

Cold fillet makes the finest potted veal. Pound it with mace, peppercorns, and two or three cloves, and press it well down into pots. It is still more tasty if you pound or shred very finely some ham, and press down, alternately, layers of veal and ham. Pour melted lard over each pot. This is a pretty supper dish, or it may be presented at breakfast, luncheon, or second course.

#### MINCED VEAL:

Cut cold veal with a knife as fine as possible. Shred some finely cut lemon peel over it, two grates of nutmeg, some salt, and four or five table-spoonsful of milk or broth. Simmer these gently with the meat, but do not let it boil, and add a bit of butter rubbed in flour. Put sippets of thin toasted bread round the dish, strew fried crumbs of bread lightly over the top, and garnish with rolls of bacon.

If bacon should be preferred in a larger quantity, cover a pound of nice streaked bacon with cold water, and let it boil gently three quarters of an hour.

Then take it up, scrape the under side well, cut off the rind, dredge it all over with bread-crumbs, and put it before the fire for a few minutes only, just to brown. Two pounds of bacon require an hour and a half boiling,

This is the best way of sending up bacon : it looks well, and is not wasted ; for a pound dressed in this way, will be sufficient for five or six people.

#### ENGLISH STEW.

Any sort of dressed meat will answer. Cut it in slices ; pepper, salt, and flour them, and lay them in a dish. Take any kind of pickles, and sprinkle them over the meat. Take a tea-cupful of water, a small quantity of the vinegar belonging to the pickles, a little mushroom catsup, and a little gravy. Stir all together and pour it over the meat. Set the whole before the fire with a tin bonnet behind it, or in a Dutch oven, for half an hour.

#### NECK OF VEAL.

Cut off the scrag to boil: wash it well, dry it with a cloth, boil it, and serve it covered with onion sauce.

It is very good stewed with whole rice, small onions, and pepper-corns, with a very little water : or boiled and eaten with bacon and greens. The best end may be roasted, broiled as steaks, or made into pies.

## DRESSING VEAL A FRENCH WAY.

Put a piece of butter the size of an egg into your stewpan to melt; then add some very finely pounded parsley, thyme, and sweet basil; also a bay-leaf, three or four cloves, some pepper, salt, and a good pinch of flour. Let it all brown, by shaking the pan, not stirring it with a spoon, and then put in your veal, which must be a pound and a half of meat cut from the leg, and nicely larded with bacon. Keep turning it, to prevent its burning, and make it a nice brown. Then add some gravy, or broth, or water—about a pint—eight whole onions, the size of a walnut, and let it stew very gently for three hours, shaking it now and then to prevent burning. Add a dessert-spoonful of brown sugar, well browned in the spoon before the fire, for this adds greatly to the flavour as well as the colour of the dish.

There is great delicacy required in larding meat, or poultry. The bacon must be cut in thin strips an inch long, put through a “lard needle,” and drawn through the meat at little distances from each other. Pinch the meat gently with one hand, and pass the needle through it sufficiently deep to hold the bacon firmly.

## VEAL PIE.

Cut some slices from the knuckle of veal. Season them with plenty of salt, as veal pie requires it. Seal some parsley that is picked from the stems, and squeeze it dry, then chop it, but not very fine.

Lay it at the bottom of the dish, then put a layer of meat and fat, and a hard egg or two cut into thick slices: then a layer of parsley again, and so on. Pour some milk into the dish, but do not let it reach the crust. Cover it with a nice paste. Bake it a nice brown.

#### A RICHER VEAL PIE.

Cut steaks from the neck or breast; and season them with pepper, salt, nutmeg, and a little clove in powder. Crush the bones very small, and remove the shank bones altogether. Add small forcemeat balls, and slices of hard eggs. Lay a nice paste round the ledge of the dish, and then put in the meat, eggs, and forcemeat balls, with thin slices of ham or bacon. Cover the top with paste, and lay a paper over it to prevent its burning. Egg the top over with a feather.

#### VEAL CAKE.

Bone a breast of veal; cut some ham into slices, but let it be quite lean ham; chop the yolks of six hard boiled eggs very fine, with a handful of parsley; then take a large earthen jar, on account of the shape, and put the flattest piece of veal at the bottom; season with pepper, salt, and a little cayenne: lay some chopped parsley, chopped eggs, and slices of ham, alternately with slices of veal, and so on to the top. Put in a small cup of water, and cover the veal over with the bones crushed. Let it bake two

hours in a quiet oven, then take off the bones, and lay a weight upon it to press it down.

It may be put into a small mould, and then it turns out beautifully for a supper, or side dish.

#### BOILED CALF'S HEAD.

Clean it very nicely, and soak it in water, that it may look white. Take out the tongue to salt; and the brains must be also taken out to make a little dish. Boil the head extremely tender, after dividing it, then take it out of the pot, brush it over with yolk of egg well beaten, dredge it with bread crumbs and brown it in a Dutch oven, or before the fire.

Boil the brains after soaking them well, in cold water: mix them with a little melted butter or milk, and some scalded sage chopped, and pepper, and salt, to a proper consistency. Send it up, with its *fresh* tongue lying upon it, or not, as you like best.

If any of the head is left, hash it next day, and garnish with rolls of delicately fried bacon.

#### HASHED CALF'S HEAD.

Half boil the head, then cut off the meat in slices, half an inch thick, and two inches long. Now put a piece of butter or nice dripping about the size of an egg, into the stewpan or saucepan, thicken it with flour gradually, and some sliced onions: let it brown nicely, and then throw in the slices of meat, with some good gravy, and if you can afford them—some

truffles and morels. Give it one boil, then skim it well, and set it in a moderate heat to simmer till very tender. Season it at first with pepper, salt, and cayenne, and ten minutes before serving, throw in some shred parsley, and a little very finely chopped marjoram and tarragon.

Garnish with foreemeat balls, and delicately fried bacon in small rolls. Give the whole a squeeze of lemon, as you serve.

#### CALF'S FEET FRICASSEED.

Wash and clean four feet very nicely, and then stew them in three quarts of water till they are very tender. Strain the liquor from them when they are beeome tender, and draw out the bones. Mix well together a bit of butter well rolled in flour, half a tea-eupful of cream, and a little nutmeg, pepper and salt, and add it to the calf's feet, with a eupfull of its own liquor in which it was boiled, and warm it up.

Garnish with parsley, and eat the fricassee with mustard and vinegar; or parsley and butter. Keep the liquor for jelly.

#### CALF'S LIVER.

Slice the liver, or rather eut it into sliess; broil it nicely, and season it, when hot upon the dish, with pepper and salt: rub a bit of butter over it quickly, and serve it hot, garnished with fried parsley and delicate rolls of bacon.

## CALF'S HEART.

Stuff and roast it as directed for bullock's heart, or stuff it with forcemeat and enclose it whole in a nice paste, to bake or boil. It is excellent baked.

## LIVER AND LIGHTS.

Half boil an equal quantity of each, then mince them; add a spoonful or two of the water that boiled it, a bit of butter, a little flour, salt, and pepper. Simmer all together ten minutes, and serve with toasted sippets.

## SWEETBREADS.

Always half boil a sweetbread, and then throw it into cold water to make it white and thick. When cold, dry it well in a clean soft cloth. Five minutes will parboil it.

It is excellent egged with a feather or paste brush, dredged with pounded biscuit, and roasted a delicate brown, or put into the Dutch oven to brown, and served upon a bed of fried bread crumbs, with a sauceboat accompanying it with melted butter and mushroom catsup.

They are also excellent larded with bacon, and roasted in a Dutch oven. Served with sauce as above.

They are likewise fricasseed white, as follows, after being half boiled, and soaked cold in water:—

Slice them, or dress one or more whole. Thicken some veal gravy with a bit of butter rolled in flour, a little mushroom powder, a little cream, white pepper, nutmeg, and grated lemon peel. Stew these ingredients together a little, then simmer the sweet-bread in it twenty minutes. Serve with sippets of untoasted bread.

#### VEAL PATTIES.

Mince some veal that is not quite done with a little parsley, lemon peel, a scrape of nutmeg, and a pinch of salt. Add a little cream and gravy, just to moisten it, and scrape a little ham over it ; warm it only in time to be put into the patties.

Put a fine puff paste into patty pans and cover with paste, putting a bit of bread into the hollow which is to receive the veal. When they are baked take out the bit of bread and put in a dessert spoonful of the warm veal.

#### CURRY OF VEAL.

Any odds and ends of veal will do, cut rather small. Melt four ounces of butter in a stewpan, and then put in the meat and two onions sliced. Let them stew a nice brown, and when they are brown add half a pint of broth, and let it simmer twenty minutes.

Now put into a basin one table-spoonful of curry powder, one ditto of flour, and a tea-spoonful of salt,

mix it very smoothly with a little cold water and put it into the stewpan, shaking the pan till it boils. Let it simmer then twenty minutes longer. Squeeze in the juice of half a lemon, and serve it.

Curry is an economical useful dish as a dinner, or as a variety when company are expected. Every species of meat, fish, and fowl dresses and eats well in a curry. The meat may be dressed or undressed previous to dressing in the above way.

The proper rice for curry is Patnali or East India rice, dressed as follows, and sent up in a separate dish :—

Wash it well, and dry it in a clean napkin. Boil some water with a handful of salt in it, and strain the rice into the boiling water. When the rice begins to swell check the boiling with a cupfull of cold water, and continue to do so as it boils up till the rice is cracked. While the grains of rice are yet separate from each other, throw them into a colander and let them dry before the fire, then serve.

#### CUTLETS AND CUCUMBER.

Fry tender lean cutlets of veal or mutton, first dipping them into yolk of egg and dredging them with bread crumbs, then pour round them, when dished, some finely sliced onions and cucumbers, previously stewed in good gravy till perfectly tender.

## PRETTY SUPPER DISH OF COLD VEAL.

Stew a few mushrooms in their own liquor with a bit of butter for a quarter of an hour, mince them small, and add them with their liquor to minced veal, also a little pepper, salt, and two table-spoonsful of cream and half a tea-spoonful of flour ; simmer three or four minutes and serve on snippets of bread.

Veal is best from March to July.



## PROPER SAUCES FOR MEATS, HASHES, &c.

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### CURRY POWDER.

Three ounces of coriander seed, three ounces of turmeric, one ounce of ginger, one ounce of black pepper, one ounce of mustard, half an ounce of lesser cardamoms, a quarter of an ounce of cayenne pepper, and a quarter of an ounce of cummin seed.

Pound these materials well together, after drying them properly, and keep them in a well stopped bottle.

### CURRY VINEGAR.

Steep three ounces of curry powder in a quart of vinegar for ten days. It gives an excellent curry flavour to hashes, stews, and cold meats.

### HORSERADISH SAUCE FOR ROAST BEEF.

A tea-spoonful of mustard, a table-spoonful of vinegar, three ditto of cream, and a little shalots and salt mixed together; grate into these ingredients as much horseradish as will make it of the thickness of onion sauce.

### HORSERADISH VINEGAR.

Pour a quart of the best vinegar upon three ounces of scraped horseradish, one ounce of minced shalot,

and one draehm of eayenne, blaek pepper, mustard seed, and eelery seed. Cork down close. Horse-radish is in perfeetion in November.

#### CAMP VINEGAR.

Infuse half an ounce of eayenne pepper, one shalot, one draehm of eoehineal, one table-spoonful of soy, and one ditto of eatsup in a pint of vinegar, a month.

#### ONION SAUCE.

Boil half a dozen large onions in three or four different waters, after halving them, five minutes in each water. Boil them in the last water till perfectly tender: then skin them, drain them on a hair sieve, pass them through a colander, and mix a little melted butter with them.

#### MINT SAUCE.

Wash and elean and dry a handful of fresh green mint; piek off the leaves, minee them very fine, and put them into a sauce-boat with a teaspoonful of moist or brown sugar. Pour three table-spoonsful of vinegar into it. This is good with boiled mutton, hot or cold.

#### DUTCH SAUCE FOR BOILED MUTTON.

Minee finely a handful of parsley, and make it a tolerable thicknes with bread erumbs. Add three table-spoonsful of vinegar to both, in a sauce-boat.

## FRIED PARSLEY.

Wash and dry the parsley in a soft dry cloth; then put it into a pan of *hot* fat, fry it quickly, and take it out of the pan the moment it crisps, with a slice. Lay it on a sieve to dry before the fire.

## CRISPED PARSLEY.

After cleaning and drying the parsley as directed above, spread it on a sheet of paper in a Dutch oven, turning it frequently till quite crisp.

This is more easily done well and is an equally pretty garnish.

## FRIED BREAD SIPPETS TO DECORATE HASHES AND STEWS.

Cut a slice of bread rather thin, divide it with a sharp knife into pieces two inches square, and shape the squares into triangles, or stars, &c. Then make some very clean fat quite hot in an iron frying-pan, put in the sippets, and fry them a delicate brown. Turn them occasionally with a slice, and drain them well from fat. Be very particular not to burn them in browning, by keeping the pan at a proper distance from the fire. A quarter of an hour will do them.

## FORCE-MEAT FOR VEAL, &amp;c.

Mince a quarter of a pound of beef marrow, or suet, with its weight of bread crumbs, two drachms of parsley leaves, two drachms of grated lemon peel,

a shalot chopped very fine, a little grated nutmeg, and some pepper and salt. Pound the whole well together with the yolk and white of two eggs, and fasten it into the veal with a skewer.

#### CAPER SAUCE.

French capers are dear, young nasturtiums are equally good, and difficult to distinguish from capers. Gather them young, keep them a few days, then pour boiling vinegar over them. When cold, bottle them. Keep them a few months before you eat them.

Green elderberries are very good, done in the same way. Give the capers one boil up in melted butter for use.

#### EXCELLENT SAUCE FOR HASHES.

Peel and slice eight cloves of garlic, and two nutmegs. Slice them small enough to go into a bottle, with sixty cloves, and then pour over them a quart of vinegar. Shake the bottle every day for a week, when it will be fit for use.

#### MUSHROOM CATSUP.

Pick the mushrooms in September, and use them fresh gathered. Let them be large and full grown. Put a layer of mushrooms at the bottom of a deep earthen pan, then sprinkle them well with salt, then another layer of mushrooms, and so on till the pan is filled. Let them remain two or three hours for the salt to penetrate well, and then wash them

with your hands well. Let them remain two days longer, stirring the whole up each day, then pour them into a stone jar, adding an ounce of whole black pepper to each quart, which is easily known, by using a quart cup in removing the mass to the jar. Stop the jar close, and set it in a stewpan of *boiling* water ; keep boiling three hours. Take out the jar, pour the juice through a hair sieve into a clean stewpan, and boil it gently half an hour, or an hour. Then skim it well, pour it into a dry jar, cover it close, and let it stand in a cool place twelve hours.

Now pour it off very gently into a stewpan again, and put to it four ounces of shalot, two cloves of garlic, and plenty of pepper, with a stick of horseradish grated. Boil another hour very slowly, then skim well. When cold, bottle and cork close.

#### WALNUT CATSUP.

Simmer a gallon of the expressed juice of the green outer husks, picked in October, and skim it well ; then add two pounds of shalots, one ounce of cloves, ditto mace, ditto pepper, and one clove of garlic. Let it simmer till the shalots sink, then put the liquor into a pan to get cold, bottle, and put some of the boiled spice to each bottle. Cork closely, and tie a bladder over each cork.

This will keep twenty years.

To express the juice of the walnut husks, you must throw them into a pan, and sprinkle some

handfulls of salt over them. Let them remain a week, frequently beating and mashing them.

#### MUSTARD TO KEEP.

Dissolve three ounces of salt in a quart of boiling water, and pour it hot upon two ounces of seraped horse-radish. Cover down the jar closely, and let it stand twenty-four hours: strain and mix it by degrees with the best Durham flour of mustard, beat well together till quite smooth, and of a proper thickness. Put it into a wide mouthed bottle, and stop it closely.

#### RELISH FOR CHOPS, &c.

Pound an ounce of black pepper very fine, with half an ounce of allspice, an ounce of salt, half an ounce of seraped horse-radish, and ditto shalots, peeled and quartered. Put these ingredients into a pint of mushroom eatsup, or walnut piekle, and let them steep a fortnight. Then strain it, and bottle.

#### TO MAKE GRAVY.

Boil one large onion, a few whole peppers, a pieee of toasted bread, and a dessert-spoonful of walnut eatsup, in a pint of water, two hours.

#### A RICHER GRAVY.

Boil a piecee of well browned toasted bread, one onion, an anehovy, a little port wine, a pineh of cayenne, a dessert-spoonful of mushroom catsup, and

some thymo and parsley, in a pint of water, two hours.

#### FORCE-MEAT BALLS, FOR HASHES, &c.

Serape a little lean veal, with double the quantity of beef snet: pound it in a mortar. Season it with pepper, salt, and pounded herbs, to your taste. Mix it well together, add the white of an egg, roll it into little balls *without* flour, and fry them a light brown.

#### MELTED BUTTER.

Cut two ounes of butter into little bits; put the little bits into a small stewpan with a large tea-spoonful of flour, and two table-spoonsful of milk, and mix it thoroughly. Then add six table-spoonsful of water, hold it over the fire, and shake it round till it begins to simmer, always shaking it round the same way: then let it stand quietly and boil up to the thicknes of cream. Pour into a cold sauee-boat.

#### SAUCE FOR TRIPE OR COW-HEELS.

One table-spoonful of garlie vinegar, one tea-spoonful of mustard, ditto brown sugar, ditto blaek pepper. Stir these ingredients into melted butter in a sauee-boat.

#### FRESH MUSTARD.

Mix very gradually and smoothly an ounce of flour of mustard, with three table-spoonsful of milk, half a tea-spoonful of salt, and ditto sugar.

## EGG BALLS.

Boil four or five eggs ten minutes, then put them into cold water: when they are cold, put the yolks into a mortar with the yolk of a raw egg, a teaspoonful of flour, ditto minced parsley, a good pinch of salt and cayenne. Rub them well together, roll them in very small balls, and boil them two minutes. They swell in boiling.

## WHITE SAUCE.

Put equal quantities of broth and milk into a stewpan, with an onion, and a blade of mace, and let it boil ten minutes. Rub an ounce of flour and butter together well, put it into the stewpan, stir it well till it boils: then strain it, and put it back into the sauce or stewpan, which must now be kept near the fire, but not upon it. Season the strained sauce with salt, and the juice of a small lemon: beat up the yolk of two eggs well, in two or three tablespoonsful of milk; strain it through a sieve into the sauce, stir it well, but do not let it boil, or it will curdle, and pour it over the required dish.

## PORK.

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NEVER buy your pork from butchers, who feed them upon offal, and tell you their pigs have had nothing but milk and barley meal. Don't believe them.

Bacon hogs and porkers are differently cut up. The porker is whiter, less rich, and not so tender. It is divided into four quarters. The fore quarter unites in it, the fore leg, the fore loin or neck, and the stomach piece. The hind quarter has the leg and loin. The butcher cuts a porker up into the above pieces.

The hog or bacon pig, cuts up into the following pieces. The two sides are made into bacon—there are two spare ribs, one blade bone and a sweet bone; two hams, two griskins, the lard, which is excellent for puddings, and the chine which goes the whole length of the back bone, and can be divided into three or four pieces, either to boil, roast, or salt. The feet and ears make nice dishes also. The porker is always scalded, and the hog scalded or singed, as fancy dictates.

The flesh of young pork is generally hard; if half boiled before roasting, it would become tender.

The following is an excellent receipt for pickling pork, which will keep some time without reboiling.

Put four gallons of water into a large pot, and add to it half a pound of coarse brown sugar, two ounces of saltpetre, six pounds of common salt. Let it boil, and take off the scum as it rises, till it becomes free from scum. Then take it from the fire, and let it grow cold. Put your pork into the tub or pan, in which it is to be kept: pour the cold liquor over it till the meat is quite covered, and place the pan in a cold dry place. If meat is preferred rather salter than this, add eight pounds of salt.

The pickle re-boiled will do again for fresh pieces of pork to be pickled in.

I shall only insert the most economical pieces to buy, as many of my readers may be the inhabitants of a town.

#### ROAST LEG OF PORK.

Choose a small leg of fine white pork: baste it nicely with clean dripping, score the skin across in narrow stripes, rub a little sweet oil over the skin with a feather, to make the crackle brown and crisp, and stuff the knuckle with sage and onion minced fine, a little grated bread season'd with pepper and salt, and the yolk of an egg. Serve with apple sauce.

#### BOILED LEG OF PORK.

Wash and scrape it very clean, and roll it in a nice white napkin, to simmer slowly three hours.

Skim your pot very carefully. Cut it delicately from the knuckle end, when you carve at table: it prevents waste, and can allow it to appear again with a neat appearance. Serve with peas pudding.

#### LOIN OF PORK.

Simmer the loin till nearly done: then strip off the skin, wet it over with yolk of egg, and cover it thickly with bread crumbs. Roast it a quarter of an hour.

The loin may be also roasted in its simplest manner, or cut in steaks to broil.

#### PORK STEAKS.

Cut them from the loin, of middling thickness, and dress the bones clean, up to the meat part. Pepper them; broil them, turning them often—and when nearly done, rub a bit of butter over them. Serve them quite hot, and garnish with crisped parsley.

#### NECK OF PORK.

Dress it like the loin in each fashion, and garnish with crisped parsley.

Or bone it; put a foree meat of chopped sage, a few crumbs of bread, some salt and pepper, and three berries of allspice over the inside—then roll the meat tight up, fasten it with a piece of broad tape, and roast it slowly.

#### PORK PIES.

Have ready the trimmings and small bits of pork cut off when a hog is killed, and if you require more

meat take it off the sweet bone. Beat it well with the rolling pin, season with pepper and salt, and keep the fat and lean separate. Raise common crust into either a round or oval form, and fill it with alternate layers of fat and lean, close up to the top : then lay on the lid, cut the edge smooth round, pinch the upper and lower crust together, and bake in a slow oven.

Let the bits of pork be cut small ; and put neither water nor bone into the pie. The subjoined drawing gives the best form in which pork pies should be made.



#### SPARE-RIB.

Baste a spare-rib with a little butter, and dredge on some flour. A quarter of an hour before the meat is done, dust on some pounded sage. It will take from two to three hours to roast well.

#### CHINE.

A chine is generally salted and boiled. Part it down the back-bone, so as to have only one side ; and boil it two hours.

#### GRISKIN.

A griskin, of seven or eight pounds, will take an hour and a half roasting. Season it before roasting.

Griskin is often hard ; the following method will prevent it. Put it into as much cold water as will cover it and let it come to a boil gradually : then take it off and put the griskin into a Dutch oven : a few minutes will do it. Rub it over with sweet oil with a feather, and flour it before you put it in the oven. Send it to table with a wall of nicely mashed potatoes round it.

#### PIG'S HEAD.

Clean it well, cut the tip of the snout off, and put it a week in brine. Boil it, or bake it, an hour and a half.

This is a cheap and delicious dish.

#### PIGS' FEET AND EARS.

Boil the feet and ears till the bones nearly drop out. Cut the ears into long strips the width of a straw, and stew them with a little good gravy, half a glass of white wine, pepper, salt, a pinch of Cayenne, and a little mustard.

While the ears are stewing, split the feet in half, wet them with yolk of egg, and dredge them with bread crumbs : then fry them in some nice lard, a light brown colour. Serve them up, nicely ranged round the stewed ears, in a dish.

Two sets of feet and ears, make a good-sized dishful.

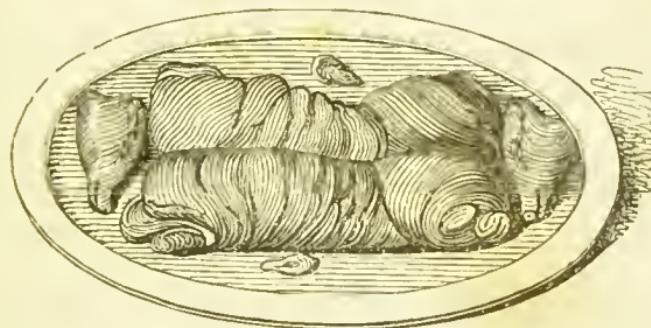
#### ROAST PIG.

Strew fine salt over the pig an hour before it is put down to roast. Cut the stomach open half way

down, and after filling it with stuffing, sew it up again, and set it to roast, but first take off the joints of the legs, to boil with the liver for sauce. Brace down the upper part of the legs with skewers.

Dredge well with flour: put a little water into the dripping pan, and stir it often. When nearly done, baste with a little butter, or brush sweet oil over the pig with a feather, to brown and crisp the crackle.

Cut off the head before you take the pig from the fire, split it open between the eyes, take out the brains, and chop them fine with the liver and some sage. The head has finished roasting sooner than the rest of the body, but lay it before the fire to keep hot. When the pig is ready, cut it quite open, and lay it upon the dish according to the subjoined drawing.



A good sized pig must roast three hours, and its age should not exceed three weeks.

#### TO COLLAR PIG'S HEAD.

Scour the head and ears well, take out the eyes and brain, and take off the snout and hair. Slit the

head down the back, and tie it in a cloth, to boil till it is tender enough to take out the bones easily. When it is quite tender, spread it all out on a cloth, pick the meat from the bones, and chop it in a wooden bowl, seasoning it to your taste with pepper, cloves, mace, nutmeg, and salt: then roll it up tight in a clean cloth, bind it well over with broad tape, and boil it gently again, in plenty of salt and water an hour. Put a weight upon it, and do not take off its coverings till quite cold.

#### PIG'S FRY.

Wash and dry some liver, and lights and sliess of fat: then fry them a nice brown in plenty of dripping or lard, and send them to table well garnished with plenty of crisped or fried parsley.

#### SAUSAGES.

Take three pounds of good pork, free from skin or fat: cut it small, and beat it in a stone mortar very fine; then add three pounds of beef suet cut fine, two dessert-spoonsful of pounded sage, half the rind of a lemon, a teaspoonful of white pepper, one ditto of salt, and a small nutmeg. The spieces will be better pounded by themselves, well mixed together, and then shaken on to the meat. Mix the whole well together, and press it close down in a small pan or pot, well covered down, or half fill hogs' guts with the preparation, and priek the skins with a fork before you fry them, otherwise they will burst.

## OXFORD SAUSAGES.

Chop a pound and a half of pork, and the same quantity of veal, cleared of skin and sinews. Add three quarters of a pound of beef suet, and beat it altogether in a stone mortar. Steep the crumb of a penny loaf in water, and mix it with the meat. Shake dried sage, pepper, and salt over it, mix the whole well together, and fill your skins, tying them very tight in different places so as to allow each sausage to be only eight inches long.

The hogs' guts or skins, should be soaked and made very delicately clean. Unless sausages are delicately prepared, and the skins made beautifully clean, they are disgusting. Prepare them by washing, turning and scraping them in plenty of salt and water, often changing the water.

## TO CURE HAMS.

To each ham allow a pound of bay salt, half a pound of common salt, two ounces of saltpetre, and one ounce of black pepper. Beat all these ingredients in a mortar.

Lay the hams in a deep pan for three days covered over and well rubbed with treacle. Then rub well into them this mixture, and let the hams remain a month in the pan, turning and rubbing them every day. Let them drain three days from the treacle, laid upon a dish, putting cross sticks under them to assist the draining: then rub them over with

pyroligneous acid, and hang them up in brown paper bags.

This is an admirable pickle for all meats, the treacle being an excellent preservative. Brush a ham over with white wash, and no "hoppers" will affect it.

#### TO DRESS HAMS.

If the ham has been hung long, soak it in water twenty-four hours, if it has hung only a few months, twelve hours will do. Wash and brush it well, put it into a boiler of water and let it simmer from three to five hours, according to its size. Cover it well with water in the boiler, which will be useful to make soup with afterwards. Strip the skin off after it is boiled, as whole as possible, as it is an excellent covering to keep the cold ham moist, and dredge it well over with raspings of *crusts*.

A strict economist observes, that peppering the ham over plentifully, saves the bread crumbs, but it does not look so delicate to the eye.

#### BLACK PUDDINGS.

To half a gallon of whole oatmeal well picked, and boiled tender in milk and water, add the following ingredients. Eight eggs with four of their whites, the rind of a lemon grated, a large tablespoonful of pennyroyal chopped fine, a ditto of chopped leeks, two teaspoonsful of pounded Jamaica pepper, three of pounded black pepper, half a pound of bread crumb grated, and salt to taste.

Mix the whole well together, and add milk to it, till it becomes the consisteney of a rice pudding ; then strain the blood into it till it becomes as dark as you wish it to be : add a considerable quantity of pork fat, cut into large dice, and half fill the links of skins, allowing it to swell. Let each link be a few inches long. Prick the skins with a fork to prevent bursting, and keep them boiling an hour. Take the black puddings out of the pot, and lay them upon clean straw.

They are very good without the blood ; but soak and cleanse the skins well before you use them.

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#### ACCOMPANIMENTS TO PORK.

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##### APPLE SAUCE.

PARE, core, and slice some apples : tart apples are best. Put them in a stone jar upon a stove, plunged into a saueepan of water. When they are done, mash them smooth, add a little brown sugar, and serve in a saueeboat.

##### PEAS PUDDING.

Tie a quart of split peas *loosely* into a clean cloth, and boil them slowly till they are tender. Two hours and a half will do it. Then rub them through a sieve into a deep dish, adding two eggs well beat up, some pepper and salt : beat them altogether ten

minutes, and then flour the cloth well, put the pudding into it, tie it up quite tight, and boil it another hour.

#### STUFFING FOR PORK, OR ROAST PIG.

Rub about five ounces of stale bread through a colander ; mince a handfull of sage very fine, and a large onion. Mix these things very smoothly with an egg, and some pepper and salt, and a very little bit of butter, into a proper consistency.

#### SAUCE FOR ROAST PIG.

Chop the liver very small, and add the brains and some pounded sage to it. Mix the whole with the gravy which runs from the pig, and some nicely melted butter. Give it one boil up.

## PICKLES.

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RED CABBAGE is the only wholesome and cheap pickle. It is very useful in large families, it is easily made, and costs nothing. I advise every economical housekeeper to be content with pickled cabbage. It is made thus :—

Cut red cabbages into thin slices, and put them in an earthenware colander, sprinkling each layer with salt. Let the mass be left to drain till the following day, when it must be put into jars with more salt, shaken well down together and covered over with cold unboiled vinegar till the cabbage is completely immersed. Cover the jars well down.

### PICKLED WALNUTS.

This is a handy pickle. Gather green walnut *husks* early in August, and sprinkle salt over them : when they turn black they are ready for the vinegar. Pour cold unboiled vinegar over them in jars, and add some whole peppers to each jar. This is a very excellent pickle, and is cheap also.

### HOME-MADE VINEGAR.

Put five pounds of coarse brown sugar into a cask with four gallons of water. Paste a piece of muslin

on the top of the cask, with *yeasts*, that insects may not loosen it. This will be excellent vinegar in a year, cheap, and not prejudicial to health.

Another mode of making good vinegar is by putting a pint of treacle and water to very sour beer ; and two days afterwards add a pint of vinegar. In ten days it will be fit for use, and very powerful.

If you wish a very powerful vinegar, let it be exposed in *unglazed* stone pans, to the action of the frost. Take away the cake of ice on the top, which is composed of watery particles, and it leaves a more concentrated essence below. Repeat it if you like.

Let vinegar be boiled in unglazed stone jars, and keep your pickles in wide-mouthed glass bottles. Let a wooden spoon, pierced with holes, be tied to each jar to take them out with ; and remember, vinegar acts upon all metals, therefore use no iron, brass, or copper, in any thing connected with vinegar. Never put it in glazed jars. If you wish to keep pickles well put them in small wide-mouthed bottles, as they should not be exposed to the air, in uncovering the same jar frequently.

Gooseberry vinegar is very good. Boil spring water, and to every three quarts, put a quart of bruised gooseberries in a large tub. Let the mass remain four days, stirring it frequently ; then strain it through a hair bag, and add a pound of the coarsest sugar to each gallon of liquor. Put it in a barrel with a toast dipped in yeast ; cover the bung-hole with a piece of slate when it ceases to ferment,

and set the barrel in the sun. The greater the quantity of sugar and fruit, the stronger will be the vinegar.

All vinegars are impregnated with herbs according to taste, by pouring a pint of good vinegar into a bottle, upon an ounce of any pounded or grated article, and letting it stand a fortnight.

AN EXCELLENT AND SIMPLE PICKLE THAT WILL  
KEEP FOR YEARS.

Slice half an ounce of ginger into a gallon of strong vinegar: add a quarter of an ounce of turmeric, bruised; a quarter of a pound of flour of mustard; ditto of common salt; half an ounce of long pepper bruised, and a quarter of a pound of garlic peeled and dried on a sieve in the sun for three days with salt thrown over it. Gather all sorts of vegetables on a dry day, clean them, slice them, put them into the pickle immediately, and cover the jars.

Put a pint of molasses and water, to very sour beer, and two days afterwards add a pint of good vinegar to it. In ten days it will be first-rate vinegar.

## POULTRY AND GAME.

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THERE is some nicety required in choosing Poultry and Game, which only experience can give ; but a young housekeeper may take the following rules to guide her in her new vocation :—

If the bottom of the breast bone which extends down between the legs of a fowl is soft, and gives easily to the pressure of the finger, the bird is tender and young. If it feels stiff, do not buy it.

Pass the head of a pin along the breast of a goose : if young, the skin will rip, like fine paper under a knife.

Judge a turkey by the same rule as a fowl : the skin, too, of poultry has a clean bright appearance which cannot be forgotten, if once compared with an old stale bird.

If pigeons are young, the legs will be of a delicate brown : they become red by age.

To keep poultry any time, tie them very tight round the neck, and put a piece of charcoal in the vent.

Let poultry be drawn, as soon as they are killed or bought. By the word “ drawn ” is meant, taking out the inside by making an incision in the side, (over which the leg will be skewered) and drawing

out all the interior, taking care not to crack the gall-bladder. This must be done gently and with precision. Precision is the soul of order and despatch. Save the livers and gizzards—wash them—and dry them in a clean soft towel, then lay them upon a dish till they are wanted, in a cool place.

All poultry requires thorough washing inside, particularly pigeons ; their erops should be well cleansed.

If poultry are well fed, they require no hanging. Hanging up dries them. They are better eaten the day they are killed, or on the following day at furthest. This, I have myself tested ; and I have always preferred dressing poultry immediately. Sometimes, however, it is convenient to keep them a few days ; in which case, scald the liver and gizzard to make them keep too.

Be careful in picking off the feathers. Pick them off quite clean, taking care not to leave short blue quills sticking in the flesh. Then singe the hair off with white paper, very nicely.

Choose ducks with supple feet : if long dead, the feet are stiff : let them also be hard and thick on the breast. Supple feet are a sign of freshness in all poultry and game.

If the ears of a hare or rabbit tear easily, they are young. A leveret has a knob near the foot on its fore-leg. Look to this, and you will detect the imposition, if a hare is tendered to you for a leveret.

Poultry and hare are improved by larding ; therefore have larding pins of different sizes, to suit diffe-

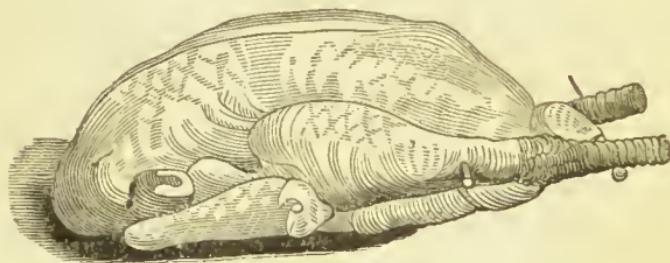
rent sized birds: cut fat bacon into thin strips, put it through the pin as if you were threading a needle — pierce the skin and a little bit of the meat, draw the bacon through, and leave an end on each side. Lard in rows, the size you like best.

I have subjoined drawings of each bird properly trussed, which explains itself more satisfactorily by one glance, than the mind could image by an elaborate description.

Keep the feathers of poultry if you live in the country, and bake them in the oven in brown paper bags, as fast as you can fill them. They can be dressed and made into beds or pillows.

Take out the skewers when you dish up poultry, and let them soak well, before you dry, and rub them to put away. Wooden skewers are best, and more easily kept clean. If you have silver skewers, they are best of all.

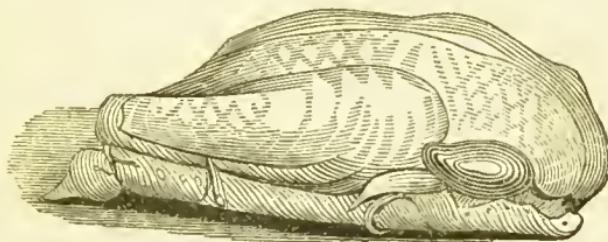
#### ROAST TURKEY.



Let the sinews of the legs be drawn out. This is done by breaking them first, between a door and door-ease, just above the joint which unites the thigh and leg: then cut off the leg as above, and pull them

out. Cut off the head and throat, to make gravy. Skewer it together, with liver under one wing, and gizzard under the other. Put a stuffing of sausage meat into the plaee where the erop has been drawn out, and tie it up close. A strip of writing paper should be fastened upon the breast bone, to prevent its seorehing before the rest of the meat is done. Baste well, froth it up, and serve with gravy in the dish, and bread sauce in a sauce-boat. Roast two hours.

#### BOILED TURKEY.



Boil a hen bird. Put a stuffing into its well cleaned crop, and tie it up tight. Boil the turkey in a elean well floured eloth, skim often—eover down close, and let it simmer at least two hours, slowly. Draw the sinews before dressing it, and throw a handful of salt into the water, in which it must boil.

#### TURKEY POULT.

Do not stuff it. Roast twenty minutes, and serve with gravy and bread sauce.

#### PULLED TURKEY.

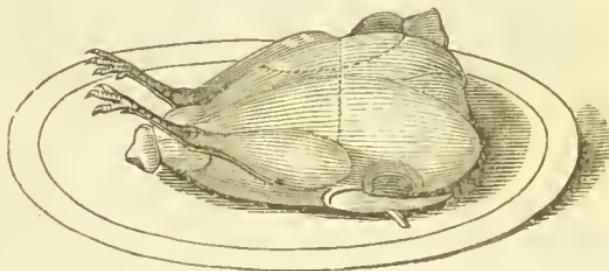
Take off the skin, and pull the flesh from the

bones in rather large pieces. Dredge it with flour, and fry it a nice brown in butter: then drain the meat from the butter, and simmer it a few minutes in a spoonful or two of gravy, a little cream (about a table-spoonful), a little grated nutmeg and salt.

#### MINCED TURKEY.

If you have enough cold turkey left, mince the white part as directed for minced veal, and lay it under, or round the leg, which must be seasoned, scored, and broiled.

#### ROAST FOWL.



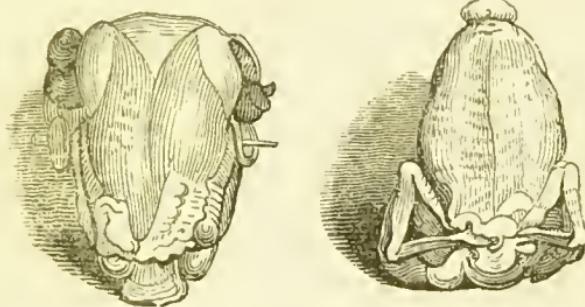
Cut off the head and neck to make gravy. Truss the fowl according to the drawing, and roast it three quarters of an hour. Baste well, and froth it up. Serve with egg sauce, bread sauce, or parsley and butter.

In the north of Yorkshire, roast fowls are sent up in a bed of fried bread crumbs, which looks delicate, and is a great improvement.

Small sized fowls require roasting only half an hour, and a chicken only twenty minutes.

## BOILED FOWLS.

When well trussed and singed, tie them in a well floured cloth, put them in cold water, and simmer



them gently, three quarters of an hour. Both boiled and roasted fowls are improved by putting slices of bread and butter, salted and peppered, into their inside. Serve with parsley and butter, oyster sauce, or celery sauce, either thrown over the dished fowl, or in a sauce-boat.

## BROILED FOWLS.

Split a fowl that has been well cleaned down the back, and spread the sides open. Skewer the wings with its liver and gizzard, as if for roasting ; pepper, salt, and broil it well, lay it spread upon the dish, the hollow half downwards, and serve with mushroom sauce.

## FRICASSEE OF CHICKEN.

Half boil a fowl in a small quantity of water : let it cool, then cut it up, and put it to simmer in a little gravy made of some of the water in which it was

boiled, and the neck, head, feet, liver, and gizzard, stewed well together; an onion, some pepper, and a faggot of sweet herbs. When the chicken is quite tender, keep it hot, while you thicken the sauce as follows:

Strain it off, put it back into the sauepan, with a little salt, a pineh of nutmeg, and a bit of butter rolled in flour: give it one boil up. Now add half a pint of cream, and stir it over the fire, but do not let it boil again. Pour the sauce upon the chicken, and add some small nicely fried force-meat balls. Garnish with thin slices of lemon.

#### BROWN BUTTERED CHICKENS.

Half roast your fowls: cut them into rather small pieces, dividing the leg and wing joints into two or three bits. Fry them in butter, into which you have shaken a little flour; add a ladleful of gravy, grate in a little nutmeg, squeeze in some lemon juice, and add a chopped anchovy. Toss it up pretty thick, serve it upon sippets, and throw in a little mushroom catsup, or fresh mushrooms.

#### STEWED FOWL WITH RICE.

Stew a fowl very slowly in some well-skinmed mutton broth, seasoned to your taste with onion, mace, pepper and salt. About half an hour before it is ready, put in a quarter of a pint of well-soaked rice. Simmer it till tender, then strain the fowl

from the broth, and put the rice on a sieve before the fire to drain and dry. Keep the fowl hot; and lay it in the middle of the dish, with the rice round it. Serve with parsley and butter.

#### PULLED CHICKEN.

Take off the skin, and pull the flesh off the bones in tolerably large pieces: dredge it with flour, and fry it a nice brown in butter. Drain it from the butter, and simmer it in a good gravy, well seasoned, and thickened with a little butter rolled in flour. Add a squeeze of lemon.

#### CHICKEN CURRY.

Cut up an undressed fowl, and take off the skin: roll each piece in a mixture of a large spoonful of flour, and half an ounce of curry powder. Slice two or three onions, fry them in butter a light brown, then add the meat, and fry altogether, till the meat begins to brown. Put it all into a stewpan, pour *boiling* water enough to cover it only, and simmer very gently three hours. If the mass becomes too thick, add gradually a little more boiling water.

Serve with rice in a separate dish, as directed for veal curry.

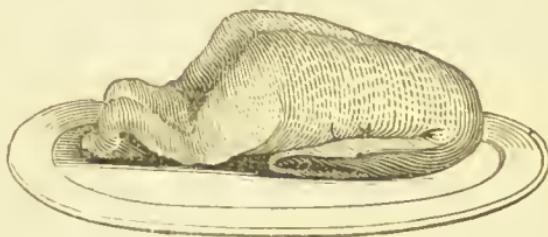
#### PILLAU.

Put a pound of rice into just as much good gravy as will boil it: let it simmer slowly till quite tender. Brown two chickens or one fowl in as little butter

as possible, and put them into the heart of the boiled rice, which should cover them : let the whole stew in a stewpan till the rice has absorbed all the gravy, having, beforehand, added to it a dozen cloves, a dozen whole cardamums, twenty-four peppercorns, and a piece of ginger.

When the chickens are done, dish them, and lay them in a bed of the rice. Garnish with fried onions, and hard eggs in slices.

#### ROAST GOOSE.



After the goose is prepared, let it be well washed and dried, and a seasoning put into the stomach of bread crumbs, chopped onion, sage, pepper, and salt : then skewer it into the form expressed in the drawing. Goose is never dressed with liver and gizzard, as turkey and fowls are. Fasten it tight at the neck and rump, and roast an hour and a quarter. Fasten a slip of clean white paper on the breast bone with a light skewer, and remove it when the breast is rising up. Baste well and serve the goose before its breast falls again, or it will look ill. Send it up with plenty of gravy, accompanied with apple sauce.

## STEWED GIBLETS.

Clean goose or duck giblets with great care, cut them into mouthfuls, and stew them very tender in very little water, with an onion, a faggot of herbs, and some black pepper. Let the giblets get cold.

When required to dress, give the whole a boil up, with a cup of cream, and a bit of butter rolled in flour.

The giblets consist of liver, gizzard, neck, and feet. Two sets of giblets are enough for a dinner of one dish.

## ROAST DUCKS.

Ducks and geese are prepared alike in their form, without liver or gizzard. Stuff one with bread crumbs, sage, and onion chopped fine, with a bit of butter. They must roast half an hour, and be basted into a fine froth. Serve with a rich gravy.

## BOILED DUCK.

Choose a fine duck : salt it two days, then boil it slowly in a well-floured cloth, about three quarters of an hour. Serve with onion sauce, either smothered or in a sauce-boat ; or with celery sauce, or with oyster sauce.

## STEWED DUCK.

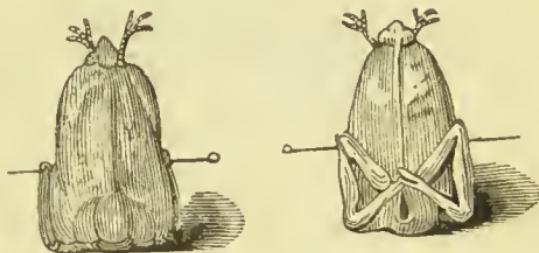
Half roast a duck, then put it in a stewpan with a pint of gravy, a few leaves of sage and mint cut fine, pepper, salt, and half an onion, shred very small. Simmer a quarter of an hour, skim very clean, and

then add a quart of tender green peas : cover close, and simmer half an hour longer. Put in a bit of butter the size of a nutmeg, rolled in flour, give it one boil up, and serve it in one dish. Lay the vegetables round the duck.

#### GOOSE OR DUCK HASHED.

Cut the cold bird into rather small pieces, and warm it, without boiling, in gravy, a teaspoonful of made mustard, a glass of port wine, or mushroom catsup, and a bit of butter rolled in flour.

#### ROAST PIGEONS.



Stuff pigeons inside with chopped parsley, buttered slices of bread, pepper and salt. Roast them fifteen minutes, and serve them on a hot toast, with plenty of parsley and butter.

#### STEWED PIGEONS.

Let the birds be well washed, drawn, and cleaned, and soaked for half an hour. Cut a hard white cabbage into quarters, boil it tender, drain it, lay it at the bottom of the stewpan, and cut it into smaller slices. Season the pigeons with pepper and salt, lay them upon the cabbage, cover them with some

of it: add a little broth, and stew gently till the pigeons are tender. Pour three tablespoonsful of cream over the whole: add a bit of butter rolled in flour, give it a boil up, and serve quite hot, surrounding the birds with the well soaked cabbage.

Pigeons are very good stuffed, seasoned high with spiee and mushrooms, or mushroom eatsup, and stewed in a good brown gravy.

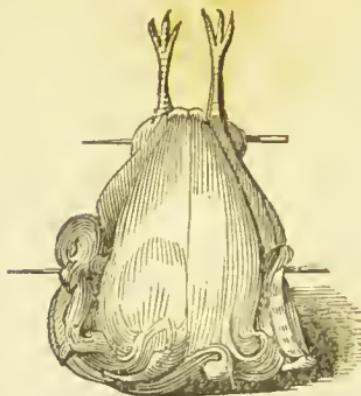
#### BROILED PIGEONS.

Clean and wash them well: split them down the baek, pepper and salt them well, and broil them nieely. Pour over them stewed mushrooms, or pickled mushrooms in melted butter. Serve them up quite hot.

#### PIGEON PIE.

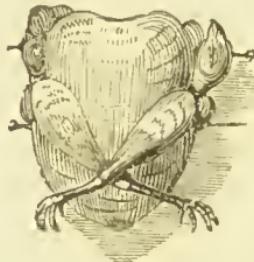
Rub your well eleaned pigeons with pepper and salt, inside and out: put inside also a bit of butter and some parsley chopped up with the liver. Lay a tender well-beaten beef steak at the bottom of the dish, and placee the birds upon it, slieing a hard egg between every two birds. Put a teaeupful of water in the dish; lay a pieee of ham upon each pigeon, from the under-side of the ham; season the gizzards, cut them in small pieees, and distribute them over the pie: then put a puff paste round the ledge of the dish, and cover it over with the same: brush it over with yolk of egg, stiek three of the birds' feet in the eentre of the paste, to show its nature, and bake in a moderate oven one hour.

## ROAST PHEASANT.



A pheasant requires roasting half an hour. No stuffing is used. Serve with plenty of gravy, or upon a bed of fried bread crumbs, and accompany it with bread sauce.

## ROAST PARTRIDGE.



Roast a partridge twenty-five minutes, and serve as you would a pheasant.

## PARTRIDGE PIE.

Pick, singe, and clean, four partridges, cut their legs off at the knee, and season with salt and pepper, chopped parsley, chopped thyme, and mushrooms.

Lay a nice tender veal steak at the bottom of the dish, and a slice or two of ham cut from the under-part. Lay the partridges on the steak, with half a pint of good broth. Put a puff paste round the ledge of the dish: put on a paste covering, stick two feet in the centre of the paste, and bake in a moderate oven, one hour.

#### TO POT ALL KINDS OF GAME.

Clean them well, and season them with mace, allspice, white pepper, and salt, all finely pounded: rub them well with this seasoning in every part, then lay them in a pan closely packed, with their breasts downwards. Put a good deal of butter upon them, then cover the pan close down, and bake with the bread.

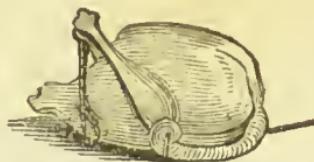
When baked and grown cold, cut them into halves or quarters, and pack them closely down in potting jars. Let the surface be even, and pour melted lard over them to keep.

#### WILD FOWL.

Wild fowl require little dressing, and they are never stuffed. Put pepper, salt, and a bit of butter into them, roast them to a fine colour well frothed, and send them up in plenty of nice rich gravy, with a squeeze of lemon in it.

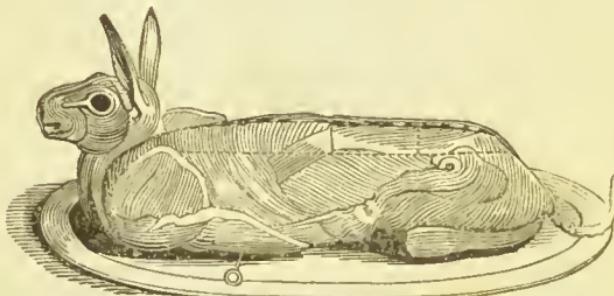
Woodcocks, snipes, and quails, are never drawn: take away only the gall-bag. Serve them upon

hot toast, quickly, and eat them with melted butter. I subjoin a drawing of its method of being trussed.



#### HARE.

An old hare must be kept a long while to eat tender. As soon as a hare comes in, wipe it quite dry, take out the heart and liver, and seal the latter to keep for sauce. Wipe the hare every day, and put a piece of charcoal in the inside, and when it is required to dress, skin it, and soak it in plenty of water for two hours. Letting it lie for two or three hours in vinegar makes it tender, but wash it well afterwards in water.



Lard the hare well, put a large relishing stuffing in the paunch, and sew it up. Baste it with milk till it is half done, and afterwards with butter. Dredge it delicately with flour. Nick the neck in two or three places with a knife, as the blood lodges

there. Baste it to a nice froth, and serve it in plenty of gravy.

Stuffing for hare is made of the liver, some fat bacon, herbs, nutmeg, and onion chopped small, with soaked bread: bind it together with yolk of egg.

#### JUGGED HARE.

Wash it well; cut it in pieces, and put it in a stew-pan with a fagget of sweet herbs, half a dozen cloves, an onion, six black peppers, six allspice, and the rind peeled very thin of half a lemon. Cover it with water, and let it simmer two hours, being careful to skim it well. Then take the meat up with a slice, and set it by the fire to keep hot till the gravy is thickened. Take three ounces of butter, roll it in flour, put it in the gravy, stir it well, let it boil ten minutes: then strain it over the hare, and serve.

#### EXCELLENT RAGOUT OF POULTRY OR GAME.

Cut the undressed birds into joints, put them into a stew-pan, with a pint and half of broth, with any trimmings of meat to spare, one large onion stuck with cloves, twelve berries of allspice, ditto black pepper, and the thin rind of half a lemon. Let it simmer very slowly an hour and a quarter, taking care to skim it well, and then take the meat up with a slice, and lay them in a dish before the fire to keep hot, till the gravy is ready.

Put into a clean stewpan two ounes of butter, and when it is hot, stir in sufficient flour to make a paste rather stiff ; add now the liquor the meat was stewed in, by degrees ; let it boil up, add a little lemon juice, a glass of port wine, or curry vinegar, or mushroom eatsup ; *simmer* ten minutes longer, and strain it over the hot meat.

This is a most delieious dish, and any material may be dressed alone, or mixed in variety with different birds. The feet must not be dressed, as it gives a bitter taste. Serve with sippets of bread, or fried toast.

#### TO DRESS COLD POULTRY OR GAME.

Cut them in pieces, beat up an egg or two, with a little grated nutmeg, pepper and salt, minced parsley, and erumbs of bread ; mix them well together, cover the meat with it, and brown it in the dutch-oven.

Or fry the meat with the batter in hot dripping, a light brown colour, and pour a sauce round it, of gravy, thickened with flour, and a large spoonful of mushroom eatsup.

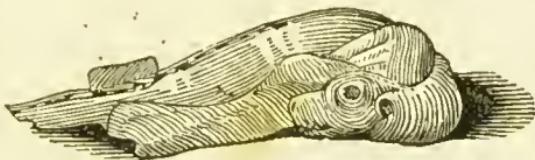
#### RABBIT FOR ROASTING.



Rabbits are dressed in divers fashions. Roast

them with or without stuffing, half an hour. Serve with sauce of the liver and parsley, chopped in melted butter, with pepper and salt. They are improved by larding.

## RABBIT FOR BOILING.



Rabbits are boiled half an hour, or three quarters of an hour, and smothered in onion sauee, or parsley and butter. They are also exellect friasseed, like the direetion for chiekens, or in ragout.

## RABBIT PIE.

Cut two rabbits into bits, with a pound of fat and lean pork that has been in pickle, or fat baeon. Parboil the livers, and pound them in a mortar, with their weight in fat baeon, some pepper, mace, and herbs chopped fine; then make them into little balls.

Lay the rabbits in the bottom of the dish—then the fat pork or baeon, liver balls, and oysters bearded if you have any, if not, artiehoke bottoms eut in sliess will do. Grate over the layers a little nutmeg. Now put in more rabbit, and so on alternately, till the dish is filled. Then add a pint of broth or water; cover with a tolerably thick crust, brush the top with yolk of egg, and bake it an hour in a moderate oven.

## SAUCES, &c. FOR POULTRY AND GAME.

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### STUFFING FOR TURKEY.

POUND a biscuit, chop some raw salt pork very fine, pound some sage, and mould the whole together with yolk of egg. It will do without an egg. Season with pepper only.

### CELERY SAUCE FOR BOILED TURKEY.

Wash and pare twelve heads of eelery ; put them into boiling water with plenty of salt, and let it boil up ten minutes : then put them into a stewpan with a pieee of fat bacon, a small bit of butter, a little salt, and the juice of half a lemon, with sufficient water to cover them. Stew till the celery is tender : then put in two spoonfuls of flour, a little milk or eream, give it one boil up, stirring it all the time, and pass it through a hair-sieve into the sauee-boat. Or

### RICE SAUCE.

Put a quarter of a pound of riee into a stewpan after it has been well soaked in water : pour a pint of milk upon it, a dozen berries of allspiee, and let it simmer till the riee is tender : add also an onion. When the riee is quite soft, (take out the spiee,) rub

it through a sieve into a clean stewpan, add a little more milk, if it is too thick, give it one boil up, and serve in a sauce-boat, or thrown over the boiled turkey and fowls.

#### BREAD SAUCE.

Boil half a pint of milk; then put to it a teaecupful of bread-erumbs, an onion whieh has been boiled in five waters, chopped very small, and a half dozen whole peppers. Let it simmer twenty minutes: then add a bit of butter rolled in flour; stir it, boil up, and serve in a sauee-boat.

#### GRAVY FOR ROAST CHICKENS.

Stew the head, neck, and feet of the eliekens in a little water, with a bit of burnt bread, and an onion, pepper and salt. When stewed enough, strain it; and eolour it with some brown sugar, previously burnt, by holding it close to the fire in an iron spoon. This improves the flavour also.

#### FRIED BREAD-CRUMBS.

Rub stale bread through a eolander, or in a cloth, till they are very fine: put them into a stewpan with a couple of ounecs of butter, and plaee it on a moderate fire, stirring the crumbs about with a wooden spoon, till they are a pale brown. Then spread them on a sieve ten minutes before the fire to drain and dry, turning them frequently.

## SAUCE FOR BOILED CHICKENS.

Boil three lettucees soft in salt and water. When done, drain them well, slice them small, and add them to sliced eueumbers peeled, in equal quantity ; shred in an onion very finely. Stew all together in gravy, till the eueumbers are tender ; then add three spoonsful of cream, a squeeze of lemon-juice and salt to taste, just before you serve it.

## SAUCE FOR HARE.

Put the contents of a small pot of red-currant jelly, with a tablespoonful of water *boiling*, ditto port wine, into a skillet or small saueepan, and let it dissolve gradually over the fire. Pour it warm into the sauee-boat.

## APPLE SAUCE FOR GOOSE.

Pare, quarter, and core, some acid apples : put them into a stewpan with a bit of lemon peel, a few cloves, and a small quantity of water. Cover the pan close, set it upon a moderate fire, and when the apples are quite tender, take out the spiee, and mash the fruit with brown sugar to your taste.

## PARSLEY AND BUTTER.

Wash and clean the leaves only of parsley : boil it ten minutes in half a pint of *boiling* salt and water, drain it, mince it to a pulp, put it into a sauee-boat, and mix it gradually with half a pint of *thin* melted butter, as the parsley itself will thicken it in quality.

## MELTED BUTTER.

Cut two ounces of butter into little bits, and put it in a stewpan with a large teaspoonful of flour, or arrow-root flour, and two tablespoonsful of milk. When well mixed together, add six tablespoonsful of water; hold it over the fire, and keep shaking it round one way till it begins to simmer. Then let quickly boil up.

## ONION SAUCE.

Boil onions in five different waters till they are tender; then skin them, pass them through a colander, and mix melted butter with them.

## SAUCE FOR WILD-FOWL.

Boil half a pint of veal gravy a few minutes, with half a dozen leaves of basil, a small onion, and a little orange or lemon peel. Strain it off, and put to the cleared gravy, half a teaspoonful of salt, a pinch of cayenne pepper, and the juice of a lemon, or orange. Serve it in a sauce-boat quite hot.

## VEEGTABLES.

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ENGLAND is celebrated for its exeellent vegetables ; but we are also celebrated for our ignorance in dressing them. We are renowned abroad, for swallowing vegetables half boiled, swimming in water, crude, and indigestible ; for spending an income upon our gardens, and being unable to do justiee to its producee, while our eontinental neighbours dress an attractive and palatable dish out of a few green leaves. Underdone vegetables cause dyspepsia, whieh is now the general complaint of all elasses in this country ; how ean it be otherwise, when they persist in eating vegetables which have not passed through the proper degrees of eookery, and are passed into the stomaeh, like pieees of masticated stieck ! Potatoes are the most valuable vegetable which have ever been naturalized in England, but we do not heed their unwholesome properties, when we hurry them into the pot, boil them rapidly for a short time, and send them to table like squares of soap, ill-looking, and impossible to digest. Our Irish and Welsh countrymen make them a delieious and nutritious dish, for they boil the root long and slowly, and steam them well. Potato-water is a deadly poison : therefore care should be taken to free them

from all watery particles, otherwise the stomach must receive its influence. So poisonous is the water in which potatoes have been boiled, that it is recommended by gardeners as the best ingredient to pour over trees to destroy animalculæ. All vegetables should boil slowly, and the water should be changed three times during its progress, taking care to fill up the pot with fresh *boiling* water, when you pour away the other. Add always a good handful of salt to each water. Salt is cheap.

Vegetables should be covered during the process of boiling, except potatoes, to let the steam pass off freely; and never put a cover upon a dish of potatoes when you send it to table: if you do, the steam, being returned upon the vegetable, soddens it. Never steep potatoes; it makes them watery. Put them on the fire just covered with salt and water, change the water three times—boil gradually, and send them up with their skins on. When you pour away the last water, let the potatoes remain some time, to steam themselves dry, by the fire. Then dish them.

#### YOUNG POTATOES.

Wash them, and rub off the skin with a napkin: dry them well. Put a bit of butter into a stewpan, and when it boils, throw the potatoes into it. Toss the uncovered stewpan, to turn the potatoes, and take them up the moment they are done. Strew a little salt over them, and garnish with fried parsley.

## POTATOES FOR SECOND COURSE, OR SUPPER.

Boil some old potatoes well, then take off their skin and mash them well. Add to them a pint of boiling milk, in whieh two lumps of sugar; a piecee of lemon-peel, and a little salt, have been put previously. Mix it well. When cold, make it into balls—dip them into yolk of egg and bread-erumbs, and fry them a nice brown. Garnish with parsley.

## TO DRESS POTATOES.

Cut cold boiled potatoes into thiiek slices. Put some goose dripping, or nice lard, into a stewpan, and add a tea-spoonful of flour: when this has boiled, add gradually a cup of broth or water, and when it eomes again to a boil, put in the potatoes, with chopped parsley, pepper, and salt. Stew a little, then take them from the fire; add the well-beaten yolk of an egg, which was beat up with a table-spoonful of water, and a squeeze of lemon-juiee—and when the sauee has set, dish them.

## ANOTHER WAY.

Cut some eold boiled potatoes into slices, and put them into a saucepan: pour over them some fried onions, which have been finely shred and boiled in three waters: set the saucepan upon the fire, and make it hot without boiling. Add pepper, a little nice gravy, and a little vinegar. Serve it hot.

## ANOTHER WAY.

Half boil potatoes : cut them in slices, and fry them in butter or nice lard. When brown, drain off the fat, strew a little salt over them, and eat them crisp.

## FRIED POTATOES.

Cut large potatoes, after peeling, into shavings round and round, as you would peel an apple : dry them well in a clean cloth, and fry them in lard or dripping. When the lard boils, put in the shavings, and keep moving them till they are crisp. Lay them on a sieve before the fire to drain, and send them up hot, with a little salt sprinkled over them.

## POTATO PIE.

Slice peeled potatoes into a pie-dish, and between each layer put a little chopped onion, pepper and salt, and slices of hard-boiled eggs. Add a tea-eupful of water ; cut two ounces of butter into bits—lay them upon the top, and cover with a nice paste. Bake an hour and a half, and when baked, pour a table-spoonful of catsup into the pie, through a funnel.

## MASHED POTATOES.

Boil your potatoes thoroughly in three waters : drain them dry ; pick out the specky parts, and while hot, mash them with a spoon in a table-spoonful of cream, or butter, or milk. Mashed potatoes are excellent brushed over with yolk of egg, and browned in a dutch-oven, very slowly.

## ROAST POTATOES.

Wash and dry them, as nearly as possible the same size: put them in a dutch-oven, and let them roast gradually, or roast them in an oven.

## COLCANNON.

Boil three large potatoes with their skins on, bruise them to meal, and mix it with three well-boiled chopped cabbages: add half an ounce of butter, two spoonfuls of cream, pepper and salt. Put it in a well-greased mould, and bake ten minutes.

## PEAS.

Put your peas, when shelled, into a stewpan, with a bit of butter, a faggot of parsley and young onions, some pepper and salt. Add half a wine-glass of water, and let them stew over a slow fire, till the peas are done, shaking the stew-pan often, to prevent their burning. When they are done, add two lumps of sugar saturated with water. When sufficiently off the boil, you may, if you please, add the yolk of an egg well beaten up with a table-spoonful of cold water.

## TO DRESS PEAS.

Wash the peas, and drain them in a colander. Lay half a pound of bacon or ham, cut into small pieces, at the bottom of a stew-pan, buttered, to prevent burning. Put the peas upon it—half-a-dozen young onions—a fine lettuce cut into bits,

and a bunch of parsley. Close the pan down, and stew gently till the lettuce has sunk—toss the pan frequently, and add two lumps of sugar saturated with water, and a very little cream, if you can spare it. When the onions are done, the whole is ready, and you have an excellent, wholesome dish of peas.

#### PLAIN BOILED PEAS.

Shell, and boil them in boiling water with salt, about twenty minutes: drain them on a hair sieve, and serve with mint scalded and chopped fine: or let a faggot of mint boil with the peas. Serve with melted butter, in a boat.

#### CAULIFLOWER.

Trim off the outside leaves of a close white cauliflower; cut the stalk off quite flat at the bottom, and let it lie in salt and water an hour. The salt destroys the insects.

Put them, or it, into boiling water with salt: skim it well, let it boil slowly, and a large one will take twenty minutes simmering. You need not skim, if you change the water three times.

#### BROCOLI.

Strip off all the side shoots, leaving the top ones: cut the stalk close off, and soak it an hour in salt and water.

Put your brocoli into boiling water with salt—change the water three times—boil gently till a fork

plunges easily into the stalk—take it out of the pot with a slice ; drain it, and serve it hot.

#### BROCOLI SPROUTS.

Boil them quite tender in salt and water : let them cool : then dredge them with flour, fry them brown in butter, and sprinkle a little salt over them.

This is a pretty supper dish, or for second course.

#### SPINACH.

Wash and pick the leaves carefully in plenty of salt and water, and boil it, changing the water twice. When the spinach is done, throw it into a colander, and pour cold water over it for some time : press out the water with your hands, make it into balls, and chop it into a paste. Now put a piece of butter into the stewpan, place the spinach upon it, and let it dry gently over the fire. Dredge it with a little flour, add a little gravy or cream, and seasoning to your taste ; give it one boil up, and serve it upon sippets of bread or toast.

#### ENDIVE.

Boil endive in four different salt waters, to extract the bitterness. Boil it tender. When sufficiently done, throw it into cold water, squeeze it well, and chop it fine. Then put it in a stewpan with a lump of butter, and a few young onions chopped fine ; let it dry : dredge it with half a table-spoonful of flour, add some seasoning, a little gravy, two

knobs of sugar pounded, and stew gently a quarter of an hour.

#### CABBAGE.

Let your cabbages soak in salt and water an hour : then boil them in three waters till a fork plunges easily through them, perhaps half an hour.

Savoys, &c., may be dressed by the same rule.

#### TURNIPS.

Boil turnips quite tender : then squeeze them as dry as possible between two trenchers, mash them with a wooden spoon, rub them through a colander, and mix a bit of butter with them. Serve hot, and the drier the better.

Turnip tops are often liked in spring. Boil them in three salt waters, and drain them on a hair-sieve. Serve upon a toast.

#### BEANS.

Boil them tender in three salt waters with a bunch of parsley. Never boil them in the same water with pork or bacon : it gives them a bad colour and taste. Chop the parsley fine to put into melted butter, and send up with the beans.

#### FRENCH BEANS.

String them, and cut each bean into eight strips, or four. Soak them in salt and water an hour.

Boil them in two or three salt waters till nearly tender, then drain the water off, add two spoonfuls

of broth, a little flour dredged on, and a bit of butter. Stew gently till quite tender. Serve hot.

#### TO STEW MUSHROOMS.

Take the large buttons to stew: rub them with salt, and a bit of flannel. Sprinkle them with salt, and stew them gently in a stewpan with some peppercorns. No water.

When they are done, add two spoonsful of cream or milk, and a bit of butter; give one boil up, and serve with sippets of bread:

#### TO POT MUSHROOMS.

Clean your mushrooms with a little salt, and a flannel: or if they are small, cut out the fur, and skin the tops: lay them in a dish, sprinkle salt over them, and let them remain all night, to receive the salt.

Put them next morning in a stewpan with their own liquor, and let them stew very gently till the liquor is dried up: then put them into small potting pots, strewing a little ground mace, nutmeg, and pepper amongst them: press them close down; and when cold, pour melted lard upon them. No paper is necessary to cover them. Keep them in a dry placee.

#### FRICASSEE OF MUSHROOMS.

Lay two thin slices of mutton at the bottom of your stew-pan; and lay your mushrooms upon them, with a little salt, pepper, and an onion. Let them

stew in their own liquor till they are done enough : take out the mushrooms, strain the liquor from the mutton, and return the liquor to the mushrooms in a clean stew-pan : when it is again warm, add the yolks of two eggs well beaten, and mixed with a table-spoonful or two of cream. Serve it poured over a hot toast, with a pinch of cayenne pepper shaken over it.

Be careful in picking or choosing mushrooms. If the skin tears easily from the edges and middle, they are real mushrooms. The young ones are also a fine salmon-colour underneath, and the old ones a dark-brown.

#### ASPARAGUS.

Scrape the stalks till quite clean, and let them soak in salt and water an hour. Cut them of one length, and tie them up in small bundles with tape. Boil them in three different boiling waters gently, till the stalks are tender, which will take about half an hour.

Dip a delicate toast, about half an inch thick, with the crust cut off, into the asparagus liquor : undo the bundles : lay the asparagus upon the toast, and serve with melted butter in a sauce-boat.

#### BEET ROOTS.

Beet roots are excellent, cooling, and wholesome. Clean it, soak it a short time in salt and water, but do not touch it with a knife till it is dressed.

*Bake it.* When it is baked tender, then cut off the stalk. It is eaten cold, with vinegar. It is also used sliced into salads.

Beet is much liked dressed as follows :—

Bake it with the skin on : then slice it into a stew-pan with a little broth, and a spoonful of vinegar. Simmer it till the gravy becomes red : put it into a dish, and surround it with button onions, which have been boiled in five waters. Take off the skin just before serving, and send it up hot.

#### VEGETABLE OLIO.

Boil equal quantities of small cabbage, carrots, turnips, potatoes, and small onions, in three different boiling waters, with some salt in each : drain them when tender : cut them in pieces. Mix them all together well, with two ounces of butter, three spoonfuls of cream, and a little pepper : dredge it with flour, and stew it closely covered for two hours.

Peas, cucumbers, celery, lettuce, and young onions, are excellent dressed in this way.

#### CARROTS.

Carrots, clean scraped and washed, must be boiled in three different boiling waters, with salt in it, till they are tender.

#### STEWED TOMATOES.

Put a dozen or two of tomatoes in a stew-pan with two table-spoonsful of vinegar, a little salt and

pepper; cover the pan close, and stew for twelve minutes.

#### ARTICHOKES.

Trim a few of the outside leaves off, and cut the stalk off even: let them remain undressed two or three days in a cool place: clip the points off the leaves. If they are young, half an hour will boil them, but it is easily known by plunging a fork into them, if they are tender or not.

Artichoke bottoms, or cups, should be dried to dress in soups, ragouts, pics, &c.

Jerusalem artichokes should be boiled plain, and served with white sauce. It makes a pretty supper dish.

#### PARSNEPS.

Boil them in three different boiling waters, tender: cut them into lengths of two inches: and simmer them a few minutes in two spoonsful of broth, a table-spoonful of cream, and a bit of butter. Add pepper, and dredge with flour, previous to stewing.

#### STEWED CELERY.

Wash six heads, and strip away the outer leaves: halve them, or not, as you like, but cut them into lengths of four inches. Put them into a stew-pan with a cup full of broth, and stew till quite tender. Add then two spoonsful of cream, a little butter rolled in flour, some pepper, salt, and pounded nutmeg to taste. Simmer close, a few minutes.

## STEWED ONIONS.

Peel six large onions : boil them in five different waters, five minutes in each. Then put them into a small stew-pan with a little broth, pepper and salt : flour them lightly, and stew very gently two hours, with the pan closely covered down.

## STEWED CUCUMBERS.

Halve and quarter some cucumbers into salt and water for an hour ; take out the seeds.

Put the cucumbers into a stew-pan, with a bit of butter ; a cup of broth, some finely shred onions, and some pepper and salt. Simmer very gently, till quite tender : add a dredging of flour just before serving, and serve hot.

## SALAD.

Salad is excellent composed of every sort of undressed herbs, but then it is not wholesome. If salad is composed of cold baked onions, baked beet, cauliflower, boiled celery, and French beans, &c., all cold and sliced, it is excellent and wholesome. A small quantity of chopped fresh undressed lettuce strewn on the top, gives it a crispness of taste.

Salad mixture is made many ways, but I recommend to my frugal readers the following ingredients.

Rub down a dessert-spoonful of mashed potatoes, with mustard, pepper, salt, and some cream, into

a perfectly smooth paste: then add vinegar to your liking. Stir all together well, when brought to table.

Turnip-tops have a pleasant bitter, and are an excellent substitute for greens. They are very nice with roast veal. Boil them in three waters with salt.

Hop tops, growing in hedges, are good, boiled in bundles like asparagus.

The tops of young nettles, boiled in the spring, are a good and most wholesome vegetable.

Onions and garlic should always be boiled in five different waters, to take off the abominably strong flavour.

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#### TO PRESERVE VEGETABLES.

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KEEP carrots, parsneps, and beet-root in a cellar, or in layers of dry sand, if they are placed elsewhere. Frost does not penetrate into a cellar.

Potatoes should be kept in a cellar exclusively: but they will preserve in sand if the winter is not very inelement.

Cauliflowers should be cut when quite dry with their leaves on, and if hung up by the stalks in a cellar, they will keep a long time. When they are

to be dressed, let them lie in water two hours, and boil them with plenty of salt.

Keep store onions hung up in a dry room, but not a warm one.

Keep artichoke eups whieh have been dried in the sun, in brown paper bags. Tieket them, and hang them in a dry place.

Parsley should be cut close to the stalks : dry it in a warm room, or in tins in a eool oven, and it keeps well.

Every herb pounded fine, after being well dried in the sun, keeps well in bottles closely corked down, in a dry room.

Hang a *linen* sheet before the window during frost, in rooms where herbs, vegetables, or apples are kept. Apples will keep extremely well in heaps, unwiped, with a linen sheet thrown over them. I have kept them untouched by frost, many years, by persevering in this plan, and adopting it early in the season. Do not wait till the frost arrives, for it is labour lost to preserve that whieh the frost has once struek.

## EGGS.

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To families living in the country and keeping poultry, eggs are most useful. They form many agreeable varieties of dishes, and are invaluable in every species of cookery. To country families alone my pages upon eggs are dedicated: they form too essential an article of expense, to extend their comforts to those whose fate destines them to exist in towns; and even in the country, eggs are only plentiful in February, April, and September.

Eggs are kept for many months in lime water, sweet; but the yolk becomes red, and the taste slightly affected: they answer well, however, in cookery. To eat eggs perfectly fresh, perfectly sweet, tasteless, and milky, at the end of a twelve-month's keeping, requires little trouble, but close attention to the duties of the poultry-yard.

Gather up the newly-laid eggs *warm* from the nest—the air has not penetrated while they are warm—and with a bit of butter grease them thoroughly and quickly over; then range them on shelves, or in barrels with the end knocked out, to turn the under side upwards, when the barrel is full. No further care is necessary.

The great secret is to attend to this department

yourself. I have recommended this plan to many friends, who have “given orders” that the eggs should be buttered warm :—but how strictly the injunction was obeyed, discovered itself in only one out of thirty eggs proving good. I have for some years buttered my own eggs ; and I have heard my friends commanding the *newly laid egg*, which I had buttered twelve months before it was placed on the table. I learned the plan of buttering eggs from a friend, who sent them in that state to Ireland every year. A bit of butter the size of a nutmeg, will grease a dozen and a half of eggs.

I found it necessary, in order to gather up my eggs conveniently and daily, to attend to the state of my poultry-house ; and by arranging a number of little boxes with straw, the hens never laid away from their own precincts, and I regularly visited the poultry-house, as each hen cackled, to take possession of her warm egg, leaving one always in for a nest egg, marked with ink, to denote its significance. I found the method no way troublesome, and the hens ceased to mind my presence. I kept them well fed with good barley twice a day, and do so still : they reward my care with plenty of eggs, and sit very early in the spring.

To whatever purpose eggs are applied in cookery, they must always be beaten to a foam, and the yolks and whites beaten separately. Cakes are not light unless the eggs are beaten well. This is the secret of all dishes in which eggs appear, particularly in

omelets ; and if I omit the particular mention of beating eggs in the reeceipts, let it now be clearly understood, that eggs must be beaten to a fine froth before they are mixed with any other ingredients, and the whites poured into the yolks when each are frothing under the whisk or fork. A quarter of an hour is not too long to beat up eggs ; you cannot beat them too much. Beat them with a fork, or a whisk only : and break the eggs singly into a cup, before you add them to the mass, in case of any proving stale.

Be very careful in dressing your omelets. They should be thick, and not leathery. You can vary the omelets by flavouring them with any chopped herbs you like. Fry the omelets in a small pan for the purpose, and be delicately clean in everything connected with cookery. Dress omelets quickly, and serve instantly.

#### SWEET OMELET.

Beat six eggs well, the yolks and *three* whites separately ; the longer you beat, the lighter they will be. Shake a little salt only upon them, when one is poured foaming into the other. Fry the whole on both sides, but not too much, just to give it a delicate shading of brown. When fried enough, strew pounded white sugar quickly over it, roll it gently, and serve hot.

#### OMELET WITH HERBS.

Beat six eggs well, yolks and three whites sepa-

rately ; then pour them foaming together, and beat a little longer. Add some finely chopped parsley and shalots to the beaten eggs ; then throw it into the frying-pan, fry it delicately brown on both sides, double it, and serve hot, on a hot dish.

#### OMELETTE-SOUFFLEE.

Beat ten yolks of eggs into some well-mixed white saucee ; beat up the whites to a froth, and pour it upon the rest. Put the whole into a deep dish, add some pieees of butter, and raise the omelet by keeping it over a smart fire. When it has risen, serve instantly upon the dish it was dressed in, or it will soon flatten again.

#### TO DRESS EGGS.

Take the shells from a dozen hard-boiled eggs, and cut the latter in round slices. Then put a lump of butter into a stewpan, and when it boils, throw in half a table-spoonful of flour, and a few finely chopped onions ; when these are fried brown, add some boiling milk, and season with pepper and salt. When this saucee is of a proper consisteney, add the sliced eggs ; stir them gently, let them take a simmer, and serve them up hot.

#### TO DRESS EGGS—SECOND WAY.

Break ten eggs into a stew-pan with or without beating, and add a bit of butter and some pepper and salt. Stir them till the yolks and whites are well mixed together, and then put the stew-pan on

the fire, taking care to continue stirring it with a wooden spoon. When half done, add some broth or gravy, some artichoke cups, and some mushrooms. Continue stirring till it is ready to serve up.

#### MARMALADE OF EGGS.

Boil one pound of white sugar till it is thick ; skim it well : then stir in the yolks of twenty eggs, well beaten, and boil it twenty minutes. Pour it into glasses or cups, with a few bruised almonds in them, and let it grow cool.

#### FONDU.

Crumb a piece of bread about the size of a penny roll ; and the same quantity of grated cheese : boil them up in half a pint of fresh milk. When it comes to a boil, add a piece of butter the size of a walnut, and salt and cayenne to your taste. Beat four eggs well, the yolks and whites separately ; and add them to the mixture when cooled, with a little cream ; pour the mixture into a silver or block-tin shape, very deep, to allow for its rising ; stir it again a little while, and bake an hour.

#### POACHED EGGS.

Set a stew-pan of water upon the fire, and when it boils, break an egg into a cup, and slide it into the boiling water from the cup : when the white looks set, and done enough, put an egg slice under it, and lay it upon a toast, or upon spinach ready prepared

in a dish. Trim the whites to look round, and keep the dish hot by the fire till the eggs are all poached and added to it. Serve hot.

#### EGGS AND BACON.

Lay some slices of fine bacon in a clean dish, and toast them before the fire in a cheese-toaster, turning them, that each side may be properly browned.

Get your frying-pan, let it be very clean, and boil some dripping in it quite hot: then break two or three eggs into it; do not turn them, but while they are frying keep pouring some of the fat over them with a wooden or silver spoon. When the yolk begins to look white, take them up with a slice, drain the fat from them, trim them neatly, and send up the bacon round them in a hot dish. Garnish with parsley.

#### SPANISH EGGS.

Take half a dozen hard-boiled eggs: slit them carefully, take out the yolks, and fill the hollow space with the following ingredients.

Pound the yolks of the eggs in a mortar, with an equal quantity of veal and ham, a little chopped parsley, a shalot, a bit of butter, some bread-crumbs, and a pinch of cayenne, and allspice to your taste; mix the whole well together, fill the eggs with it, rub them over with yolk of egg, and fry them a light brown in plenty of clean sweet dripping or lard. Send them up with anchovy sauce, and garnish with slices of hard-boiled eggs, or parsley.

## SAVOURY EGGS.

Cut a few hard-boiled eggs in half, and lay them in a dish, with the yellow part upwards. Chop some onion and parsley very fine : mix it well with a little oil, vinegar, salt, and pepper, and pour the whole over the eggs.

## ANOTHER WAY.

Take the shells carefully off half a dozen hard-boiled eggs, and lay the peeled eggs upon a cloth to dry ; dredge them lightly with flour : dip them one by one into well-beaten yolk of egg : roll them in pounded biscuit, and fry them in plenty of boiling clean dripping or lard. Serve them with any sauce you please, and garnish with crisp parsley.

## ANOTHER WAY.

Slice two small onions very fine ; put them into a stewpan and fry them a nice brown with three ounces of butter, or plenty of nice clean dripping : then stir in as much flour as will make a good paste, adding sufficient milk to make it the thickness only of good cream. Season it to your taste. Shred four or five hard-boiled eggs into this sauce, give it a warm up, and serve hot, with sippets of bread.

In boiling eggs for breakfast, put them into boiling water, and a new laid egg requires three minutes' boiling. A hard-boiled egg, five minutes. A very hard egg requires ten minutes' boiling.

## FRIED EGGS AND BACON.

Cut some nice bacon into small dice, and throw them into a stew-pan: put the stew-pan upon the fire, and let some of the fat melt away from the bits of bacon. When that is done, put the bits of bacon into a warm dish.

Now put a good ladleful of the melted bacon into a stew-pan, and set it on a stove: add about a dozen of the bacon dice to it, and then slide an egg into it; the egg will soon be done, and the bacon will cling to it. When the egg is done, put it in a warm dish before the fire, till you have done the number you require. Do not let the yolks harden; and you must put fresh bacon dice into the pan, each time an egg is ready to be plunged in. This is a very pretty dish.

## EGGS AND BROCCOLI.

Keep a handsome little bunch of broccoli for the centre of the dish, and eight pieces to go round it. Toast a piece of bread with the crust cut off, to fit the middle of the dish, and boil the broccoli in three boiling waters.

Beat six eggs well, the yolks and three whites separately: put a good slice of butter into a saucy-pan with a little salt, and stir it till it becomes warm: then add the eggs, and shake the pan gently till the eggs are thick enough. Pour it on the hot toast, and lay the broccoli round it. Serve hot.

## SUNDRY DISHES TO ASSIST IN FORMING A DINNER OR SUPPER.

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I PROPOSE to form a list of unexpensive dishes, which may be easily got up, should visitors arrive unexpectedly, or should my frugal readers feel inclined to receive evening society upon a simple and not inconvenient plan of economy.

In England, unfortunately, the reception of company is attended with so much expense, that many families resign the hopeless contention of trying to vie with their more wealthy neighbours, by secluding themselves altogether from society. This should not be. Let those who love to mix among their fellow creatures, be content to receive their friends hospitably, but not with useless profusion : let them receive their friends with pleasure, and spread before them a simple repast, made elegant to the eye and mind by the lightness and taste of the selected articles. If society is thus received, and good taste is united with agreeable conversation, few spirits are so mean as to criticise the expense of the entertainment.

A supper table lightly spread, and tastefully decorated, gives pleasure to the eye, and the eye rules the appetite. Silver forks and spoons, brightly

kept; deerantes and glasses arranged well, glittering by bright rubbing; delicately white cloth and finger napkins; the dishes ornamented well with flowers, and garnished with plenty of green parsley, &c. ; these are the powerful *agrémens* of a repast in good taste, and good taste is not expensive. A few slight dishes are sufficient for a genteel supper, or to extend a family dinner into something beyond its usual limits. A boiled tongue is always uscful, laid in slices amidst a garnish of parsley: its juicy redness, given by lying in piekle, is ornamental to the eye. Any cold meat, delicately eut into thin slices, looks well, and is soon prepared. A salad is also easily prepared: baked beet root looks a fine erimson, and a lobster or cray-fish adds much to a gay appearance upon a supper table, or with the eheese and butter upon a tray, when only two or three friends are present. Lemonade or orangeade are much liked, and often prefcrred to wine, by ladies; so are many of the home-made wines, if properly prepared. White elder-flower wine is rieh and grateful to the palate as Frontignae; ginger wine is refreshing in warm weather; and all made wines are equally refreshing and less heating than foreign strong wines. But we rarely meet with them now: they are not expensive, therefore they are supposed not presentable. When will such stupid folly end amongst us ?

Every preparation of eggs is light and attractive to eye and appetite, as a supper or dinner assistant, and they are not long preparing. Preserves are

ornamental and excellent at a supper table, placed in glass or china dishes: so is every description of fruit. Sandwiches composed of slices of hard-boiled eggs, or grated ham, or any cold meat grated, are pretty, and much liked upon a supper table: cut them thin, and nicely square.

For all jellies the Carragan moss is quite equal to isinglass, and it may be bought cheap at the chemists'. Thus an essential article of expense is saved. Cow-heel is equally useful in making jelly as calves' feet, and they are cheaper. If these hints are acted upon, a light and elegant supper, or even dinner, becomes an affair of comparatively small expense and anxiety.

Potted meats are pretty adjuncts upon a supper or luncheon table, or at breakfast, peeping through its green fresh garnish of parsley.

Diet bread is a light and cheap cake for all occasions, tea, supper, or dessert. A few sweet biscuits and slices of thin bread and butter, are sufficient to accompany tea or coffee in its rounds.

#### CAULIFLOWER IN WHITE SAUCE.

Half boil a cauliflower, cut it in handsome little bunches, and lay them in a stew-pan with a little broth, a little salt, and a dusting of white sauce. Simmer half an hour; then put in a little cream, and a piece of butter rolled in flour. Shake it all together, simmer a few more minutes, and serve.

## CAULIFLOWER ANOTHER WAY.

Boil a cauliflower in three different waters, and cut the stalk so as to allow the vegetable to stand with its head erect. Put it in a stew-pan with some white sauce, and let it stew a few minutes : dish it with the sauce round it, and Parmesan or some good cheese grated well over it. Brown it with a salamander.

## LOBSTER SALAD.

Make your salad, and put the red parts of the lobster into it, cut in small pieces. Serve it in a dish instead of a bowl.

## FRENCH SALAD.

Chop three anchovies, a shalot, and some parsley, very fine, and put them into a dish or bowl, with two table-spoonsful of vinegar, one of oil, a little mustard and salt. When these ingredients are well mixed together, add some slices of cold roast or cold boiled meat, cut delicately thin, about three inches long : shake them into the seasoning, and then add more slices : cover the dish or bowl, and prepare it three hours before it is wanted. Garnish with parsley and slices of cold fat.

## STEWED CARROTS.

Half boil them ; scrape them free from speck, and slice them into a stew-pan. Pour over them half a tea-cupful of broth seasoned, and half a cupful of

cream. Simmer them till tender but not broken : add a bit of butter rolled in flour to them : simmer a few minutes longer, and serve hot.

#### VEAL ROLLS.

Cut ten thin slices of veal : lay foreed meat on the upper side of them, and roll them up : tie the roll together with a small thread : put them to roast after dipping them in well-beaten yolk of egg : flour and baste them well, with nice clean lard or dripping. Half an hour will do them. Lay them on a dish with good brown gravy and mushrooms.

#### POTATO PUDDING.

Mash cold boiled potatoes well : add the yolks of three eggs well beaten, two ounces of moist sugar, a little nutmeg, grated lemon peel, and a pint of new milk. Mix these ingredients together well, bake it an hour in a tart-dish.

#### POTATO FRITTERS.

Pare some good potatoes : cut them into slices : soak them for half an hour in a little brandy or raisin wine, with the rind of a lemon pared very thin. Drain them, dip them in good butter, and fry them a light brown : drain them again, place them in a dish, and dust pounded white sugar over them. Serve hot.

#### POTATO TART.

Boil and mash some potatoes very smoothly. Mix well with it, a quarter of a pound of currants, a

little sugar, and cinnamon to taste, and the yolks of three eggs well beaten in a table-spoonful of good cream: mix it so as to make a thin mash. Put this into a dish surrounded with puff paste, and bake it in a brisk oven. Send it to table with sugar strewn over the top.

#### HAM TOAST.

Boil a quarter of a pound of lean ham: chop it small: put it in a sauce-pan with the yolks of three eggs well beaten: two spoonsful of cream, a little bit of butter, and cayenne to your taste: stir it over the fire till it thickens: spread it upon a hot toast with the crust cut away, and serve it hot.

#### STEWED PEARS.

Peel some baking pears, core them, and cut them in quarters: put them in a pie-dish with some water and brown sugar to your taste, and two or three grains of cochineal just to colour them, and a few cloves. Bake them till they are soft. Send them up in a glass or china dish.

#### FRENCH CUSTARD.

Boil a quart of milk, sweetened to your taste, and flavoured with lemon peel and a laurel leaf: let it get cold.

Now add to the cold strained milk, three dessert-spoonsful of fine flour, and the yolks of two eggs well beaten. Simmer it to a proper thickness,

stirring it the whole time. Fill the custard glass, and let it grow cold.

#### SAVOURY RICE.

Boil one pound of rice in five pints of cold water for three hours. Then add some pepper and salt, and two ounces of grated cheese to two pints of fresh milk: add the soaked rice to it, and stew it all together an hour.

#### PRETTY SUPPER DISH.

Soak sponge cakes in any kind of sweet wine, and pour French custard round it. Sift some pounded sugar over the whole, and sprinkle coloured comfits upon it, or almonds chopped very fine.

#### FROSTED APPLES.

Peel some apples: stew them in water till tender but not broken: whip white of egg to a froth—dip the apples into it, and sift pounded sugar over them thickly. Put them in a dish in a cool oven to candy. Serve them in a glass dish.

#### FRITTERS QUICKLY MADE.

Beat up an egg well: add to it two table-spoonsful of flour, a little sifted sugar and ginger, and milk enough to make into a smooth batter. Pare a good-sized apple: cut it into slices tolerably thick, and throw them into the batter. Take each slice of apple up with as much batter as the spoon will hold, and put it into the frying-pan. Have a sieve

ready with the end turned np : lay the fried fritters upon it to drain, and serve hot.

#### SWEETBREADS, WHITE.

Parboil a sweetbread, then throw it into eold water to whiten : dry it well upon a soft elean cloth : slice it.

Thicken some broth and milk in a stew-pan with an onion and a blade of mace, an ounce of flour and butter : stir it well till it boils up : strain it : put it back into the stew-pan, and add the sliced sweet-bread. Simmer very gently twenty minutes. When taken off the fire, stir in two table-spoonsful of cream, a little salt, and a little squeeze of lemon juice, or grated lemon peel. Serve hot.

#### CALVES' HEAD IN A MOULD.

Parboil half a calf's head in a small quantity of water, just enough to cover it. Cut the meat from the bones and stew the meat till the liquor becomes good, adding a little beef gravy to it : season with pepper and salt, a bit of pounded mace, and a little grated lemon peel. When the whole has become eold, fill up the greased mould, adding the yolk of some hard-boiled eggs made up into very small balls.

#### BAKED APPLES.

Peel some nice tart apples : pour the well-beaten-  
np white of egg over them : shake a little pounded  
white sugar over them, and bake them in a moderate  
oven.

## APPLE CHEESE.

Take the same weight of sugar as you have of apples, after they are cored, peeled, and quartered : the "non-such" apple is the best kind.

Boil the sugar in a small quantity of water : skim it well till it looks clear : then add the apples with some lemon juice, and grated lemon peel, to your taste. Boil till it is a proper thickness, and put it into a nicely greased mould or shape, to grow cold. Prepare also the following cream to pour round it in a dish, when it is required.

Add the yolks of two eggs well beaten, to a quart of boiled milk, which has had three table-spoonsful of ground rice smoothly mixed with it, and peach leaves, or any flavour which you prefer. Give the whole a boil up, sweeten to your taste, and let it grow cold.

## ORANGE SALAD.

Put half-a-dozen knobs of sugar into a deep dish : pour a quarter of a pint of brandy over them : set fire to it for three minutes : extinguish it.

Peel a dozen oranges : cut them into thin slices : add them to the brandy with as much pounded sugar as will sweeten them : break a little cinnamon into the dish, and mix the whole well together.

## LEMON CREAM.

Good lemonade thickened over the fire with yolks of eggs well beaten to a froth, makes excellent lemon cream. When cold, put it into a glass or glasses.

## LEMON RICE.

Boil a sufficient quantity of rice in milk, with sugar to your taste, till it is quite soft: put it in a pint basin, and let it grow cold. Peel a lemon very thick; cut the peel into shreds about half an inch long, and boil them in two waters—a tea-cupful of water each time—to extract the bitterness: squeeze and strain the juice of the lemon to the water and shreds, and add sugar to your taste: stew it slowly two hours, and when cold it will be a syrup. Turn out the jellied rice into a dish, and pour the syrup and shreds gradually upon it. Serve cold.

## ORANGE SPONGE.

Dissolve two ounces of isinglass, or Carragan moss, which is cheap, in a pint of water: strain it, and then add to it the juice of six oranges strained, and sugar and lemon juice to your taste. Whisk it well together till it looks like a sponge, and put it in a mould to remain some hours.

## BIRD'S NEST.

Pare some pleasant-tasted apples: dig out the cores, but leave the apples whole: set them in a dish, and pour custard into them and over them. Bake them half an hour.

## TAPIOCA JELLY.

Wash the tapioca well, and let it soak six hours in water: simmer it in the same water with bits of

thinly-pared lemon peel, until it becomes quite clear: then add lemon juice, wine and sugar to your taste, and let it grow cold in the dish in which it is to appear at table.

#### APPLE CAKE.

Boil one pound of loaf-sugar, the thin peel of one lemon, a bay leaf, or laurel leaf, and a half stick of cinnamon, in half a pint of water: boil it till it becomes sugar again, and then add two pounds of good apples, peeled and cored. Take out the cinnamon and laurel leaf, and let the syrup and apples stew till the apples dissolve. Stir them well to prevent burning, and when the mass falls heavily from the spoon, put it into a mould. Turn it out cold on cream or custard.

#### LEMON SPONGE.

Dissolve two ounces of isinglass, or Carragan moss, in half a pint of water: add the strained juice of four lemons, and sugar to your taste: whisk it well till all the liquid becomes a frothy substance, then fill your mould with it, and let it remain some hours.

#### EXCELLENT CREAM.

Steep the thin rind of a lemon, the juice of two lemons, and half a pound of sifted sugar, over night, in half a pint of sweet wine. The next morning strain it, add a pint of cream, and whip it all together.

## PUNCH JELLY.

One ounce of isinglass, or Carragan moss, dissolved in two tea-eupsful of water: add a quarter of a pound of pounded white sugar-candy, the juice strained of four lemons, one cup of raisin wine, or foreign wine, and half the quantity of rum. Strain it, and serve it in a mould or glass dish.

## RED Currant CREAM.

Sweeten half a pint of clear currant juice overnight with pounded sugar to your taste.

Mix half a pint of good cream with the juice, when you require it, and beat it well: as the froth rises, take it off, and fill the glass or glasses with it.

## RATAFIA CAKES.

Mix twelve ounces of bitter almonds well pounded, twelve ounces of pounded white sugar, and the well-beaten white of two eggs, well together with a tablespoonful of orange flower water. Drop the mixture in little cakes on wafer paper, and bake them very delicately.

## TARTLETS.

Roll out puff paste a quarter of an inch thick, and sheet patty pans the size of a crown piece with it: pare them round with a knife: put a small quantity of strawberry jam, or apricot, or marmalade, in the centre of each: cut a very narrow strip of paste, and lay over the top crossways, or cut a paste “leaf”

and place on the top of each tart for ornament. Bake a light brown in a quick oven: six or ten minutes will do.

#### OYSTER PATTIES.

Put a fine puff paste into small patty pans: put a bit of crust in to keep it hollow, and cover it with the paste, paring it round the edge with a sharp knife. Rub them over lightly with yolk of egg, and bake delicately about eight or ten minutes. When baked, scoop a hole at the top, take out the crust, and fill each patty with the following ingredients.

Take off the beards of the oysters, and cut the other part in small bits, put them in a saucepan or tosset with a grate of nutmeg, the least bit of grated lemon peel, and a dust over with white pepper and salt, a little cream, and a little of the oyster liquor. Simmer a few minutes, and fill the patties. Always take the patties out of the patty-pans after baking.

#### VEAL PATTIES.

Mince some veal: scrape some ham over it, grate a little nutmeg, lemon peel, and a pinch of salt: add cream to moisten the meat: simmer it warm, and fill the patties as above.

Lobster or turkey patties are very delicate, prepared in the same way.

#### MACARONI.

Boil some macaroni in milk or weak veal broth, till very swelled and tender: flavour it with salt:

when tender, put into a dish without its liquor ; grate some cheese among it, and put small bits of butter here and there. Grate some more cheese over the top, and a little more butter, and brown it delicately in a dutch oven.

#### PRETTY DISH.

Boil a large piece of cinnamon in a quart of new milk : thicken it with flour of rice first wetted with a little cold milk, and sweeten it to your taste. When sufficiently thick and smooth, pour it into a dish to grow cold.

When cold, cut the mass into the shape of a star, or any fanciful device : take out the spare rice, and fill the space with custard. Ornament with blanched almonds, and spots of currant jelly.

#### A PYRAMID.

Cut a fine puff paste, with tin shapes used for the purpose, one size less than another in a pyramidal form, and lay them so : that is, the broadest and largest at the bottom, and so on progressively till the smallest shape becomes the top piece. Bake it pale, in a moderate oven, and when done, lay different coloured sweetmeats on the edges of each shape.

#### FRUIT IN JELLY.

Pour half a pint of clear calf's-foot jelly into a basin : when it has become stiff, lay in peaches, or grapes, or strawberries, or any fruit you please ; then fill up the bowl with jelly. Let it stand till

the next day. When you wish to turn it out, set the bowl in hot water for a minute, up to the brim. Turn it out carefully upon the dish on which it is to appear.

#### SALMAGUNDY.

Chop separately the white part of cold veal or chicken: yolks of hard-boiled eggs, ham and grated tongue, or any thing well flavoured. Lay a broad thick row of the veal at the bottom; then a deep layer of grated tongue; then a layer of chopped or pounded yolks of eggs. Then again a layer of veal, and so on, lessening the circumference of each layer, till the shape becomes a pyramid. A little sprig of parsley or a flower may be placed at the top; and the dish should be garnished with flowers or parsley.

Before I quit the subject of evening parties, let me say a word or two upon tea and coffee.

To make good coffee, the berries should be ground the same day it is required: put three ounces of coffee into a coffee-pot, and pour twelve coffee cups of boiling water upon it: let it boil five minutes: put an egg-shell into it, or a few chips of Carragan moss, or a bit of dried sole-skin: boil it five minutes more, and the coffee will be beautiful. If more coffee is required, make a fresh supply.

If you have not a plentiful supply of cream, or friends appear unexpectedly, an excellent substitute for cream is made thus:—Mix half a tablespoonful

of flour in a pint of milk : let it simmer five minutes to take away the rawness of the flour : then beat the yolk of an egg to a froth : stir it into the simmering milk smoothly, and run it through a sieve.

If skim milk be boiled, it will become as rich nearly as new milk. This is useful also to know.

Coffee is much improved by using pounded sugar-candy : it is more elegant than brown sugar at any rate, when you receive friends.

Tea is rarely to be procured good, in spite of the free-trade system ; and it is superseded in a great measure by cocoa and chocolate, which are now sold in patent cakes, bearing their own rules for preparation. Among the present inventions of tea-leaves, the following receipt is wholesome to the stomach, and makes a very fair substitute for black tea.

Take the leaves of the hawthorn from April to September. Let them be picked carefully, and rinsed well in cold water, and drained : while in that damp state, put them into a common culinary steamer, where they must be subject to the action of the vapour till the leaves become of an olive colour. Heap the leaves upon a hot plate or stone, in a dish or upon tin, and stir them continually till they become thoroughly dry.

The first young leaves of the currant-bush gathered and dried upon a tin, cannot be known from green tea.

## PASTRY.

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THERE is great delicacy and lightness required in making pastry. A marble slab or a large slate is better than a board, for they are always cold and smooth, and can be easily kept clean: they consequently cause less waste of flour and time. Make your pastry in a cool place: wash your hands very clean in hot water: touch the paste as little as you can help, and roll very little, and always the same way. Three rolls are enough. A cold hand makes light pastry and good batter: a warm hand never does either well, but that is the fault of the constitution, not the individual.

Keep every thing remarkably clean about you. Let the rolling-pin, patty-pans, tin cutters, &c., be bright and delicate: dry your flour before the fire before you use it, to prevent its making heavy pastry, and wash your salt butter well from the salt. Let all the materials be good which are to be put in requisition for pastry: the suet must be clean and fresh: the milk must be fresh: the eggs sweet: the pudding cloths well washed and dried: the lard sweet and fresh: the butter good: and yourself clean and light of hand.

Iron ovens are not nice for baking pastry: this can be obviated by putting three or four even bricks into the oven before it is heated. Heating the oven well requires care and some experience. It should only be moderately hot for light pastry, but if not sufficiently hot, the pastry will become soddened. All these things are acquired by observation, and through much vexation; for different paste requires different stages of heat, and cooks do not spring ready made from the earth, as Minerva sprang ready armed and full grown from Jupiter's head.

Salt butter makes a nice flaky paste, but it should be clean and fresh of its kind, not rank and deep coloured.

A good housewife will have everything round her in comfortable order, when she is preparing to make her pastry, and for this purpose a few hints are submitted to her notice:—

Cut lemon peel very thin: put it on a plate in a cool oven, and when quite dry, pound and bottle it: it is then ready for use at any moment.

Essence of lemon peel is made, by steeping six ounces of thinly pared lemon peel in eight ounces of spirits of wine. This is useful to have ready at all times.

When lemons are cheapest, which is in the spring, squeeze two or three dozen or more through a muslin or net bag, into phials: drop a very little sweet oil upon the top to exclude the air, and cork them well.

down. When a phial is opened, a little bit of eotton wool, applied to the oil, will suck it up, and leave the lemon juice clear and fine.

Candied lemon peel is very useful. Boil a quantity of fresh lemon-peel with sugar, and expose it to the air till the sugar crystallizes upon it.

Currants nicely washed, picked free from stones, and dried, will keep many weeks in jars covered up, and put in a dry place. This plan saves a cook great trouble: a lady might do it herself, and then she would have fewer alarms of having her teeth broken in eating plum-pudding, or plum-eake. Mix all pastry up with hot water: cold water makes it heavy. I have endeavoured to explain the manner of rolling out pastry and preparing it, suffieiently distinctly to be of use to beginners; but after all that can be said it is experience alone whieh will lead young housekeepers to the goal: a little obser-  
vation, a good deal of patience, and great energy, will soon enable them to master the details, and bring their knowledge to bear; but economy may be put in practice immediately. They will cease to be prodigal, before they have acquired the art of making puff paste; but then, the one *must* be —the other *shall* be.

#### PUFF PASTE.

Rub half a pound of butter gently with the hands, into a pound and a quarter of fine dried and sifted flour: mix it up with half a pint of spring water

warm, knead it well with your hands, and set it by for half an hour.

Now roll it out thin ; lay on the surface three-quarters of a pound more of butter, in pinches, or small bits, pushed in with the thumb : dredge it with flour lightly : double it up in folds : roll it thin, and roll it *from* you three times, and then set it by for an hour in a cold place. Make it into your tarts or puffs without any more rolling, and bake it in a quick oven.

#### A LESS RICH PASTE.

Rub extremely fine together one pound of fine flour, six ounces of butter, and a table-spoonful of sifted white sugar. Work up the whole into a stiff paste with as little *hot* water as possible. Put it by for an hour, then roll it out ; double it up, and roll out again, rolling always from you : make it up into the required pies.

#### FLAKY PASTE.

Take half a pound of nice fine dry flour, and make it into a stiff hard paste with a little hot water : roll it one way, the whole length, tolerably thin : divide six ounces of butter into three parts, and thumb in one part, in little bits, all over the paste : double over and roll again : thumb in the second division of butter the same way, double and roll the second time. Use up the remaining piece of butter, and then double up and roll it the third time. It is then ready to use.

## FAMILY PIES AND TART PASTE.

Rub half a pound of butter into one pound and a quarter of flour: mix it with half a pint of warm water, and knead it well into a stiff paste: lay it by for an hour, and then roll it out once. It is ready.

## SHORT CRUST.

Rub half a pound of butter into a pound and a quarter of flour, till it becomes like bread crumbs or sand. Mix it into a stiffish paste with hot water, and roll it out three times lightly, always rolling *from* you. Brush the tarts or pies over with yolk or white of egg well beaten, and sift white sugar lightly upon it.

## RICH PASTE FOR SWEETS.

Boil a quarter of a pound of ground rice in the smallest quantity of water: strain it from all the moisture: beat it in a mortar with half an ounce of butter, and the yolk of an egg well beaten. Roll it out into a paste, and it will be an excellent paste for tarts, &c.

## LIGHT PASTE FOR CHEESE-CAKES, &amp;c.

Beat the white of an egg into a strong froth; then mix it with as much hot water as will make three-quarters of a pound of fine flour into a stiff paste. Roll it very thin out; then lay the third part of half a pound of butter upon its surface, *thumbed* in, in little bits: dredge it with flour, and

roll the paste up tight with your hands. Roll it out again with the paste pin ; put in the same proportion of butter with your thumb, roll it up again, and again roll it out to use up the third and last piece of butter. After the third rolling, the paste is ready.

#### CRUST FOR RAISED PIES.

Put two pounds and a half of flour upon your board : put on the fire, in a saucpan, three quarters of a pint of warm water, and half a pound of good sweet lard : when it boils, make a hole in the middle of the flour ; pour in the boiling lard and water gradually, mixing the flour with it gently, with a spoon. When it is well mixed together, then knead it with your hands into a stiff paste. Do not roll it with the paste pin ; roll it with your hands about the thickness of a quart pot : cut it into six pieces, leaving enough paste for covers to them : then put one hand in the middle, and work the paste into shape with the other hand on the outside : work each piece into a round or oval shape, then put in your meat, or pork : roll out the cover with the rolling pin : wet it round the edge : lay the cover upon each pie : press it together with your finger and thumb, and cut it round even, with a knife or scissors. Bake them an hour and a half.

#### GOOD COMMON PASTE.

Rub a quarter of a pound of butter, and a quarter of a pound of lard, into a pound and a quarter of

flour with your hands, till it becomes like bread-crumbs. Mix it into a stiff paste, with half a pint of warm water, and by kneading it well. Fold and roll it three times.

I have known many people who could not digest butter pastry. It becomes, also, an article of great expense, when used freely in common pastry. Pie-crust is made excellent by a light hand with lard alone, for every-day purposes.

Rub half a pound of lard into a pound and a quarter of flour with your hands, till it becomes like sand. Mix it up with a small quantity of warm water, and knead it into a stiff paste. Then roll it out; thumb it over with bits of lard; fold and roll it again; thumb bits of lard again over the surface, and fold and roll once more. Then make it into pies. This paste is perfectly wholesome; and when made well, it requires a very criticising palate to detect its properties, while hot. Children's pies should always be made with lard, to be hurtless; or with the same proportion of clarified mutton or veal dripping, which is equally good.

All meat pies are good, made of lard, or veal dripping; and for family purposes, they should never be made with butter. Many people complain that though pastry is very good while hot, which is made of lard and veal dripping, yet they can always discern their presence in the flavour of the pies and tarts, when cold. That is true: but in families, where expense is an object, its members

should be content to forego cold pastry, or rest content with a description of pastry which meets their finances.

#### APPLE PIE.

Parc, eore, and quarter, eight russetings, or good baking apples; pack them close in the dish; add four ounces of moist sugar, some grated or pounded lemon-peel, or a few drops of the essence, and a little quince, or quince jam. Cover it with the crust you approve, and bake it an hour and a half.

All other fruit pies may be made by the same rule, only withdraw the quince and lemon. Cherries, currants, and raspberries should be mixed together in a tart.

Pies of all kinds, in the fruit way, are made more dressy by cutting out the whole of the centre, *occasionally*, leaving the edges, and pouring a nice custard upon the fruit when it comes from the oven. The pie must be baked first, before the crust is cut away.

#### TART OF PRESERVED FRUIT.

Cover a tart dish inside with paste; make a light edging of paste round the rim; fill the dish with preserved fruit, or marmalade; lay thin rolled strips of paste in lattice work over the top; cut the bits smoothly off with a pair of sharp scissors, and bake it half an hour.

## FRUIT PUFFS.

Roll out a good paste, a quarter of an inch thick ; cut it into pieces four inches square ; lay fruit or jam on each, double them over neatly, and lay them on paper ; brush them over with white of egg, beaten to a froth, sift pounded white sugar over them, and bake about twenty minutes.

## RHUBARB TART.

The scarlet goliah rhubarb is the best. Cut the stalks in lengths of four inches, and take off the skin. Lay them in a dish ; put a syrup of sugar and water over them, and let them simmer an hour, slowly, covered. Then, when it has grown cold, put it into a tart, and bake the tart a nice colour. All rhubarbs, except the goliah, require this method of preparing.

## POTATO CHEESE-CAKES.

Boil six ounces of potatoes, and four ounces of lemon-peel ; beat the boiled lemon-peel in a marble mortar, with four ounces of sugar ; beat the potatoes with four ounces of butter, melted in a little cream ; mix the whole ingredients well together, and let it stand to grow cold. Put puff paste into patty-pans, and half fill them with the mixture ; sift some pounded sugar over them, and bake in a quick oven half an hour. This quantity will make a dozen cheese-cakes.

## ALMOND CHEESE-CAKES.

Pound two ounces of almonds well, with a teaspoonful of rose water, to prevent their oiling ; pound, also, two ounces of white sugar, and beat the white of one egg finely ; mix the whole well together. Put puff paste into your patty pans, and drop a small quantity of the mixture into each ; bake directly, in a slow oven.

Let a few of the almonds be bitter ; it improves the flavour.

## RICE TART.

Wash your rice well : put a little water to it, and let it stand in the oven till the water is absorbed ; then put in a little milk, and work it well with a spoon, setting it in the oven, and working it from time to time, till it is soft enough. Fill a dish nearly full of fruit, and after sweetening it, lay on the rice. Bake it a light brown.

## ORANGE TART.

Boil two Seville oranges tender, in four different waters, to extract the bitterness : squeeze and pulp them ; weigh them, and add double their weight of white sugar pounded ; beat the whole to a paste ; add a bit of fresh butter the size of a walnut ; put the mixture into a dish, lined with nice paste, and bake it half an hour.

## LEMON MINCE PIES.

Squeeze a large lemon through muslin into a cup ;

boil the outside till it is tender, in four waters, to extract bitterness ; beat it to a mash ; add to it three large apples, pared, cored, and chopped fine ; four ounces of finely-chopped suet, half a pound of currants, and four ounces of sugar. Add the juice of the lemon, and some small pieces of candied fruit. Fill the patty pans with nice crust ; half fill them with the mixture ; cover them over with the crust, or paste, and bake half an hour.

This is the least expensive mince meat, as it requires no keeping, consequently there is no demand for wine and brandy.

#### PRUNE TART.

Scald a pound of prunes ; take out the stones, and break them, and return the kernels to the prunes : simmer them with water, or cranberry juice, and moist sugar, to your taste ; when cold, put them into a tart or pie dish, and cover with a nice light crust. Bake three quarters of an hour.

Puddings must be delicately made. Let the pudding cloth be dipped in boiling water, squeezed dry, and floured, before it is used. Basins or forms are better to boil puddings in, than a cloth.

All dishes in which puddings are baked, must be buttered, and lined with paste, if they are to be turned out ; otherwise the edges only need be buttered, and lined with paste.

Very good puddings are made without eggs,

though Dr. Kitchiner smiles at the notion. Two or three spoonsful of fresh table beer, or yeast, will serve in the place of eggs ; and I have eaten excellent paneakes made with fresh elcan snow : two table-spoonsful of snow to supply the place of each egg. I found the paneakes perfectly light and delicate, and I advise my readers to try the plan themselves, before they rest satisfied with the dictum of another upon a point so essential.

Millet, sago, tapioca, &c. should soak in water an hour before they are used, after being well washed.

Let all puddings composed of flour and bread be mixed three hours, before boiling or baking ; but only pour the well-beaten eggs into the ingredients the last thing, stirring all together well, just before putting it into the oven, or saueepan.

#### APPLE PUDDING.

Make a nice paste of lard or suet ; line a basin with the paste tolerably thin ; fill the basin with pared apples, cored and quartered, and add sugar and pounded lemon peel, with a few pounded cloves ; cover the basin with paste ; tie a cloth over it tight, and boil slowly as long as you please ; for puddings of flour cannot be overdone, though they are often underdone. Do not boil it less than two hours.

#### SUFFOLK DUMPLINGS.

Make a very light dough with yeast, as if you were going to make bread ; mix the flour with milk

instead of water ; put a little salt to it, and let it rise before the fire an hour.

When you are requiring them, make the dough lightly into balls, the size of an apple, throw them into a saucepan, or pot, of *boiling* water, and let them boil twenty minutes. Eat them with sugar and butter, or treacle, or salt.

#### NORFOLK DUMPLINGS.

Mix a pint of warm milk, two eggs, well beaten, and a little salt, with as much flour as will make a thick batter. Drop a spoonful at a time into a stewpan of boiling water ; three minutes' boiling will be sufficient. Take them with a slice out of the pot, and lay them on a sieve to drain ; serve quickly. Eat them with cold butter.

#### APPLE DUMPLINGS.

Make a nice suet paste, and cover only one apple, pared, cored, and quartered, with it ; tie several in different parts of a pudding cloth very tight, and boil them an hour. Always grate lemon-peel among apples.

#### SUET PUDDING.

Shred a pound of lard fine ; mix it with a pound and a quarter of flour, two eggs well beaten, a little salt, and as much milk as will make it into a paste. Put it into a basin, and tie a cloth tight over it. Boil four or five hours. Suet pudding is improved by mixing half a pound of dried currants in it, or a

half pound of stoned raisins. It is very good made of nice clean mutton fat, or veal fat; suet is often used, but it is not so good.

#### MONTAGUE PLUM PUDDING.

Mix well together, half a pound of stoned raisins, half a pound of suet not cut very small, two table-spoonsful of flour, four ditto of milk. Let it stand an hour or two: then pour upon it four well-beaten eggs; stir it well again, fill a basin or mould with it; tie a cloth tight over it and boil it four or five hours.

#### EXCELLENT PLUM PUDDING.

Mix well together, one pound of finely shred suet, one pound of flour, one pound and a half of currants, half a pound of stoned raisins, five well-beaten eggs, and warm milk enough to make it into paste. Boil it in a cloth or basin at least six hours.

#### EXCELLENT PUDDING.

Make a nice light paste, but not rich. Roll it out thin: spread some treacle all over it, and sprinkle some currants upon the treacle. Roll it up, and boil it two hours. When boiled, cut the roll into thick slices, and send it up ranged neatly in a dish.

#### BAKED SUET PUDDING.

Mix six ounces of flour, six ounces of finely chopped suet, two ounces of sugar, a small teaspoonful of ginger, and half a teaspoonful of pounded lemon-

peel. Bake a nice brown. Mix the ingredients into a paste with a little warm milk or water, and you can vary the pudding by adding some currants or stoned raisins. Always stir the ingredients well together.

#### CHEAP PUDDING.

Mix well in a pan, mould, or dish, half a pound of well-soaked rice, four ounes of moist sugar, two quarts of milk, two ounes of lean dripping, and a quarter of a pound of currants. Bake it with the bread.

#### BAKED APPLE PUDDING.

Butter a pie-dish, and line it with crumbs of bread: then place a layer of apples, peeled, cored, and quartered, sprinkled with sugar and lemon-peel, at the bottom of the dish: then a layer of crumbs, then a layer of apples, and so on, till the dish is full, ending with a thick layer of crumbs. Pour some melted butter over it, and bake for an hour.

#### GROUND RICE PUDDING.

Boil two ounes of ground rice in a pint of milk, sweetened with sugar and peach-water, two hours: indeed it cannot be boiled too much. Stir it till thoroughly boiled, and smooth; pour it into a dish with a bit of butter, and bake it; or brown it in a dutch oven.

#### MILLET PUDDING.

Wash three tablespoonsful of millet seed: put it into a dish with a light crust round the edges:

pour over it as much new milk as will nearly fill the dish, and add sugar, pounded lemon, and nutmeg, to your taste. Just before you put it in the oven, stir well into the dish the yolks and whites of two eggs, well frothed. Mix altogether smoothly, and bake it an hour in a moderate oven.

#### RICE CAKE PUDDING.

Put six small rice cakes into a dutch oven: when quite hot, pour melted butter over them in their dish, a squeeze of lemon juice, a little raisin wine, and sifted white sugar. Serve hot.

Any cakes done the same way are very good, which are made in ball shapes.

#### BATTER PUDDING.

Beat the yolks and whites of two eggs separately, and mix them well, with half a pound of flour: then add a pint of milk to the whole, and work it into a nice batter. Boil it in a basin, or bake it in a dish: boil or bake an hour and a half. If you boil it, plunge the basin into the boiling water with its bottom upwards.

#### BOILED RICE PUDDING.

Wash and soak your rice: add lemon-peel in fine shreds, and tie the rice loosely in a cloth to allow room to swell. Boil it two or three hours, and serve with melted butter and a little raisin wine, warmed, in it. Sift a little white sugar over it.

## ANOTHER.

Soak four ounces of rice an hour: then grate lemon peel upon it after it is drained, and tie it loosely in a cloth, with eight ounces of stoned raisins. Boil it three hours. Serve with raisin wine boiled up in melted butter.

Rice is very good with apples, peeled, cored, and quartered, boiled in it.

## BAKED RICE PUDDING.

Put half a pound of well soaked rice into a deep pan or dish, and mix one ounce of butter, four ounces of sugar, two quarts of milk, and a few pounded allspice, well into it. Bake in a slow oven two hours.

## POTATO PUDDING.

Boil as many potatoes as you think will fill your pie-dish: pulp them through a sieve: add as much good milk as will reduce them to the consistency of batter: sweeten it with white or brown sugar to your taste: add a little pounded cinnamon and nutmeg: pour the batter into the pie-dish: dot a few pinches of butter about the top, and bake it slowly.

## YORKSHIRE PUDDING.

Mix five spoonfuls of flour, with a quart of milk and three eggs well-beaten: stir it well together. Butter the pan: fill it with the batter, and when

one side is sufficiently done and brown, by baking under the meat, turn up the other side. Make it in a square pan, and cut it into squares before you serve it.

#### PANCAKES.

Make a light batter of flour, well-beaten eggs, and milk. Pour a teacupful of the batter into a frying-pan of boiling lard : fry it a light brown ; turn it lightly over with a slice, and fry the under side the same colour : slide the pancake into a dish before the fire, to keep hot, while you are preparing others. Roll each pancake up lightly, and serve them upon a folded napkin.

It requires practice to perform all the evolutions lightly and quickly in frying pancakes. A frying-pan should be kept on purpose, about the size of a cheese plate : the larger ones make the pancakes of too unwieldy a size for elegance.

An egg is required for each pancake : therefore if you make half a dozen pancakes, you must use six eggs, unless it is *snowing* at the time.

#### FRITTERS.

Fritters are made of batter dropped into the frying-pan in smaller quantities. A tablespoonful of batter is enough for each fritter. A few currants sprinkled into the batter, makes a variety : or thin pieces of apple : or any sweet-meat shred fine. Serve upon a neatly folded napkin.

## LEMON DUMPLINGS.

Grate half a pound of bread, and stir it well into a quarter of a pound of beef suet, shred very fine, a quarter of a pound of Lisbon sugar, the juice of a large lemon, and its peel grated ; wet it with one tablespoonful of milk. Boil the mixture in tea-cups, three quarters of an hour, and turn them out on a dish. Pour wine sauce round them, and sifted sugar over them.

## APPLES IN BATTER.

Peel and core some small apples without halving them ; place them upright in a tart or pie dish, but do not crowd them ; they must stand singly : fill the vacant places from which the cores came out, with sugar and a little pounded lemon peel ; pour a nice batter round and upon the apples, and bake in a moderate oven.

## MACARONI PUDDING.

Boil two ounces of macaroni gently in a pint of milk, with a bit of lemon peel, and a good bit of cinnamon, till the pipes are nicely swelled. Lay them on a dish, and pour custard over it while hot. Serve cold.

## CALVES'-FEET JELLY.

Bake two calves' feet in two pints of water and two pints of milk, in a closely-covered jar, five hours, till the feet are quite tender. When cold, remove the fat : and flavour the jelly with lemon or

orange peel, and sugar, when you warm it up a second time to pour into a mould.

Take out the feet ; and by boiling them again in a little milk thickened with flour and butter, and a little onion, they make an exceilent corner dish. Serve them with parsley and butter.

#### CALVES'-FEET JELLY, RICH.

Boil two feet in two quarts of water till the feet are broken, and one quart of water is wasted away. Strain it : when eold, take off the fat, and remove the jelly from the sediment ; then put it into a saueepan with sugar, raisin wine, and lemon juice to your taste. When the flavour is rieh, put to it the whites of five eggs well beaten, and their shells. Put the pan on the fire, but do not stir the jelly after it begins to warm. Let it boil twenty minutes ; pour it through a flannel bag which has been dipped in hot water and squeezed dry ; run it through several times till it beeomes clear ; then put it into glasses.

Jelly is quite as good made from eow-heels ; elean them well before you use them ; put a quart of water to eaeah heel, and let it simmer eight hours ; skim it well. This quantity will make a pint and a half of niee jelly.

Ten shank bones of mutton eleaned and simmered in the same way, will give as muelh jelly as a calf's foot.

## ORANGE JELLY.

Grate the rinds of two Seville oranges, two China oranges, and two lemons ; squeeze the juice of three of each, through a muslin bag into a quarter of a pint of water, and a quarter of a pound of pounded sugar ; boil it till it nearly candies. Have ready a quart of jelly made with two ounces of Carragan moss ; put it to the syrup, and give it one boil up. Strain off the jelly, and let it be put into moulds or glasses to grow cold.

The sauce for all puddings is made by stirring a little flour gradually into boiling water, sweetened with brown sugar, and adding a glass of raisin wine. Give it one boil up.

## PRESERVES.

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PRESERVES are expensive as well as unwholesome. I shall submit but few to the attention of my readers, and those only which require little outlay shall be named by me.

In Ireland, where sugars are very expensive, I found great economy in preserves prevailed, and the ladies considered their fruit possessed a much higher flavour from not being drowned in sugar. As they made their preserves for seven or eight months' keeping only, they found it unnecessary to be prodigal, even of brown sugars, which alone formed their jams. Of course I allude only to the economical part of the community, who studied that admirable science in every department.

Add four pounds of Lisbon sugar to nine pounds of any kind of fruit pieked on a dry day; boil it very slowly, or rather simmer it gently in a bell-metal kettle, skimming it well till it becomes perfectly clear and free from scum. Then put the fruit into pint jelly-pots, and pour over them next day a coat of melted lard half an inch thick, and keep them in a dry place. It will keep a twelve-month well.

## BLACKBERRY JAM.

Blackberry jam is wholesome, and for children it is much recommended. To every pound of fruit, put half a pound of moist sugar, and add the juice of one lemon to every twelve pounds of fruit. Boil it three quarters of an hour.

I have known several housekeepers who boil their fruit first, and then stir in the sugar with a bone or silver spoon, for a quarter of an hour. The colour and flavour were excellent.

## TO PRESERVE FRUIT.

Put your fruit, picked on a dry day, into stone jars ; tie each jar with two separate bladders and two separate pieces of twine ; the first bladder to be tied loosely, and the second quite tight. Set them in a boiler in cold water, and let them continue there for half an hour after the water boils ; then put them into a cold dry place.

## DAMSON CHEESE.

Boil the fruit in water sufficient to cover it, and when boiled tender, pulp them through a very coarse sieve. Add four ounces of sugar to each pound, and boil it till it begins to candy on the sides. Then pour it into tin moulds.

## CURRENT JELLY, WITHOUT BOILING.

Pick the fruit from the stalks into a pan, without boiling ; and pound equal quantities of sugar, which

must be added to the juice. Stir the mass a quarter of an hour with a bone or silver spoon. Put them into jelly-glasses or pots, and leave them to settle a day. Then tie them over with paper. No brandy

#### TO PRESERVE APPLES.

Parc, core, and quarter apples in the autumn ; put them into large stone jars, with a little brown sugar, and the juice and peel, cut thin, of a lemon, in each large jar. Cover the jar and bake it with the bread. This method will keep apples two or three months well.

#### TO BOTTLE RED Currants.

Cut the fruit carefully from the stalks into clean dry quart bottles ; add with a teaspoon finely pounded white sugar upon each layer of fruit. Fill the bottles, letting the last layer be of sugar ; resin the corks, and keep them in a bottle rack with the bottle necks downwards.

#### TO PRESERVE THE PURPLE PLUM.

Put alternate layers of the fruit and brown sugar, allowing one pound of sugar to one pound of fruit ; cover the jar with linen, and put it into the oven with the bread. In three days, pour off the juice ; boil, scum it ; and when cold, pour it again over the fruit.

Should an *iron* oven be used, the fruit must remain four-and-twenty hours in it.

This is an excellent preserve for dessert.

## COOKERY, &c. FOR INVALIDS.

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### BEEF TEA.

CUT a piece of good lean beef in thin slices, spread it on a hollow plate sprinkled with a little salt, pour boiling water over it, cover it with another plate, and place it near the fire for half an hour. Put the beef and its water into a saucepan, and boil it ten minutes *only*.

### BARLEY WATER.

Wash two table-spoonsful of pearl barley clean : boil it five minutes in a pint of boiling water : pour off the water, and add two quarts of fresh boiling water; boil till it is reduced to two pints and a half, and then strain it.

One ounce of figs, or an ounce of stoned raisins added, makes barley water agreeable. Pour the strained barley water upon sugar and thinly-pared lemon to your taste.

### LINSEED TEA.

Pour two quarts of boiling water upon two spoonsful of linseed; let it stand an hour by the fire, then strain it for use.

## TOAST AND WATER.

Cut an upper crust of bread as thick as a crown piece ; brown it well, but don't burn it ; pour over it as much boiling water as you require : add lemon or orange peel to it, and cover the jug till it becomes cold.

## WINE WHEY.

Set half a pint of milk on the fire, pour a glass of white wine into it, and let it remain quite still till it curdles ; when the curd settles, strain it and sweeten to your taste.

## EGG CREAM.

Beat the yolk of an egg and mix it with a dessert-spoonful of cream or new milk, and add two drops of oil of cinnamon.

Let the patient who suffers from diseases of the lungs take a teacupful of egg cream at a time. It is excellent also in tea.

## EXCELLENT DISH FOR THE WEAK.

Simmer two pounds of perfectly lean veal and half a pound of pearl barley in two quarts of water till it is reduced to one quart ; rub it through a tammy.

This is delicate and nutritious.

## LEMONADE.

Strain the juice of two lemons upon a quarter of a pound of sugar, add the rind of one lemon pared

very thin, pour a pint of boiling water upon the whole, and cover till cold.

#### IMPERIAL.

Pour six quarts of boiling water upon two ounces of cream of tartar and the juice and peel of two lemons, withdrawing the pips; sweeten to your taste, then strain, bottle, and cork it tight.

#### ARTIFICIAL ASSES' MILK.

Boil a quart of new milk, an ounce of white sugar candy, half an ounce of eringo root, and half an ounce of conserve of wild rose, in a quart of water, let it simmer till it becomes reduced to half the quantity.

Take a wineglassfull three times a day.

#### BROTH FOR WEAKNESS.

Boil two pounds of loin of mutton with a large handful of chervil in two quarts of water till it is reduced to one quart. Skim it well.

Take half a pint three times a day.

#### SALINE DRAUGHTS.

Two drachms of carbonate of soda or potass, eighteen tablespoonsful of water, and four lumps of sugar.

Take two tablespoonsful of this mixture with one spoonful of lemon juice.

#### VINEGAR WHEY.

Boil a pint of milk, pour a glass of vinegar into

it to curdle, let the curd settle, then pour off the whey upon a little sugar; dilute with more hot water if the acid is too powerful.

This is an excellent sudorific, and not heating, like wine whey.

#### BATH FOR THE FEET.

Boil a pound of bran in the water, or scrape in a large root of horseradish.

This is very comfortable.

#### GLoucester JELLY.

Simmer an ounce of rice, ditto sago, ditto pearl barley, ditto hartshorn shavings, ditto eringo root, in three pints of water, till it is reduced to one pint; strain it, and dissolve a spoonful in broth, wine, or milk.

This is very nourishing.

#### APPLE WATER.

Slice two large apples, sweeten them slightly, and pour a quart of boiling water over them; add a bit of lemon-peel if you like.

#### TREACLE POSSET.

Boil a pint of milk, then pour in treacle sufficient to curdle the milk; when the curd has settled strain off the liquid and drink it hot.

This is a sedative, and gentle sudorific.

#### TENT JELLY.

Put one ounce of isinglass or Carragan moss, one

ounce of gum arabic, two ounces of brown sugar candy, and one pounded nutmeg, into a pint of tent wine, or good mountain; let it simmer over a slow fire in an earthen pipkin till all the ingredients are dissolved, then strain it through a fine sieve and let it cool in a mould or dish.

A piece of this jelly the size of a nutmeg, taken three or four times a day, is very strengthening.

#### WATER GRUEL.

Put a large spoonful of oatmeal into a pint of water very gradually: make it smooth; then boil it.

Flour, used instead of oatmeal, is less heating and equally pleasant.

#### A PLEASANT RESTORATIVE.

Boil one ounce of Carragan moss or isinglass shavings, forty Jamaica peppers, and a bit of brown crust of bread, in a quart of water till it is reduced to a pint: strain it.

This is pleasant to keep in the house. Take a large spoonful of it in wine, broth, tea, or milk.

#### CHEAP WAY OF MAKING SODA-WATER.

Take forty grains of the carbonate of soda and put it into a common soda-water bottle, which generally contains about ten ounces of water. Immediately afterwards put into the same bottle thirty grains of tartaric acid, and cork it instantly. The salts and acid should be in crystals; as, when they are in powder, they are apt to scize upon each other

before the bottle can be corked down, and by that means a quantity of carbonic acid gas is lost.

Those who do not wish to be at the trouble of bottling soda-water, may keep the powders in different bottles. Put them together in the above proportions in a tumbler, and pour cold water on it.

#### EXCELLENT RECEIPT FOR CHILDREN.

Mix well together one ounce of sulphur, half an ounce of magnesia, and half a pound of treacle. Give one teaspoonful before breakfast to the child three mornings running, every spring and fall. It is an excellent purifier of the blood.

#### FOR A COLD.

Mix one grain of ippeaeuanha, and two grains of antimonial powder, in boiling water: then add to them six grains of magnesia, and mix it well with them.

Give this dose every three hours till nausea is produced, to an adult. Give half the quantities to a child under three years of age.

#### ARROWROOT JELLY.

Boil a pint of water in a skillet. Stir a large spoonful of arrowroot powder quite smooth in a cup of water, and pour it into the skillet of boiling water: let the whole boil four minutes: season it with nutmeg and sugar: put it into a mould or dish to grow cold.

## TAPIOCA JELLY.

Wash the tapioca in three waters: soak it six hours; then simmer it in the same water with bits of lemon-peel, until it becomes clear: then put in lemon-juice, wine, and sugar to your taste.

## HERB TEA.

There are many herbs which possess admirable properties; and which, if known, might often prevent a long account from the chemist's shop, and for medical assistance. All herb teas should be made very strong, and they should be persevered in.

Elder-flower tea is an excellent physic for babes or adults: its properties are to cool the blood.

Suceory-tea is good for piles, and fever.

Thorough-wort tea is excellent in dyspepsia. If the stomach is very much deranged, it operates as a gentle emetic.

Sage tea is soothing to the headaeh.

English mallows steeped in milk is a remedy in dysentery.

The leaves and blossoms of catnip made into tea, is efficacious in fevers, promoting perspiration.

Dandelion roots, leaves, and flowers, made into tea, and persevered in, is admirable in its effects upon the liver; so is thyme boiled, and the water or tea drank freely: the dandclion is plentiful all the year round, for those roots and herbs which are

most beneficial, a wise Providence has caused to be abundant.

Coltsfoot is never failing in coughs: much money is expended in buying "Essence of Coltsfoot," while the plant is spreading in all directions near our own door.

Briony is soothing in gout, rheumatism, and paralytic affections: scrape the root, and rub it over the affected parts.

Wormwood roots are warm and aromatic, made into strong tea: its properties are excellent for affections of the stomach and stone.

Nettles are admirable for the scurvy, and a great sweetener of the blood. Lint dipped in nettle juice or its tea, stops bleeding at the nose.

Artichoke leaves and stalks are excellent in dropsy.

All herbs should be gathered in blossom: dried gradually, and rubbed into powder: then cork them down tight.

There is no remedy in many cases of illness so really useful as the vapour bath, particularly in disorders occasioned by checked perspiration. Vapour baths are expensive, and as such they are often considered impracticable by the poor. The following plan is not expensive, yet it answers every purpose as well as more luxurious machines:—Place strong sticks across a tub of water at the boiling point, and sit on them, completely enveloped in a blanket. Keep the tub replenished with boiling water if

necessary. The effect of steam is so efficacious upon obstinate complaints, that every person should be made acquainted with its power, and fly to the remedy early in the disease. Colds, rheumatism, complaints in the bowels, &c., give way under its effects. When you have used the vapour bath, get between the blankets, and beware of taking cold while every pore is open.

#### FOR THE FALLING OFF OF HAIR.

Beat linseeds thoroughly, and mix them well with a sufficient quantity of salad-oil. Rub it into the hair well, and brush it out the following morning.

#### TO MAKE BLACK DOSE.

Pour a pint of boiling water over two ounces of senna leaves, two ounces of tartrate of potass, and half an ounce of caraway seeds bruised. When cold, strain it, and add four ounces of tincture of senna.

#### TO MAKE PEPPERMINT WATER.

Mix sixty drops of the oil of peppermint, with one ounce of spirits of wine. When well mixed, add to it a gallon of rain water, which is the best; but otherwise soft water.

It cannot be too generally known, that nitrous acid gas will destroy contagion. Put some powdered saltpetre, or nitre, in a saucer, and just cover it with oil of vitriol. A copious discharge of nitrous gas ensues. Place it in a sick room.

## EXCELLENT WAY TO TAKE CASTOR OIL.

Rub a wine glass inside with lemon-juice: then put in a little warm water and sugar: squeeze a little more lemon-juice upon that; pour in the oil, and upon the oil squeeze more lemon-juice. This prevents all unpleasant taste.

No house should be unprovided with a large bottle of castor oil. Its effects are speedy, and it is a safe medicine in all cases: particularly cases of urgency. A tablespoonful is a dose for an adult. Two teaspoonsful for a child. Repeat every three hours, if the dose is not successful in that time.

## BURNS AND SCALDS.

Dredge the part with flour, and continue till all the moisture is absorbed: then wrap soft wadding round it. When it becomes again painful, repeat the dredging till the moisture is again absorbed. At the end of two or three days, mix half calamine in fine powder, with the flour, and dredge as before. An incrustation will form, which must be suffered to fall off by itself.

## TO PREPARE ICELAND MOSS.

Boil two ounces of the moss in three pints of water, till it is reduced to a quart. Strain it.

## EXCELLENT FOR CONSUMPTIVE PATIENTS.

Boil half a pound of rice or pearl barley well in a quart of milk and a pint of water: put in sugar to

your taste, and boil it again some time. Strain it, and drink it when nearly cold.

The barley or rice may be put into broth, after it has been strained off.

#### CURDS AND WHEY.

Put a very little solution of citric acid into a tumbler of milk, and it will soon form into curd, giving a very pleasant acidulous whey in a short time.

## WINES, &c.

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HOME-MADE WINES are wholesome if the proportions are very strictly attended to, and the fruit gathered in fine dry weather. In the manufacture of home-made wines the lady's eye is particularly required to superintend the boiling of the proper quantities of sugar and water, and the true measurement of the fruit juice; otherwise the sugar becomes part and parcel of the servant's tea, and the juice carelessly mixed, without ascertaining its exact quantity.

A relation of mine was in the habit of making home wines every year: that is to say, she gave the necessary orders, and delivered the proper quantity of sugar to her servant; but the wines became poor, and fermented each year, till her patience was exhausted, and the wine was too acid to produce in company. Her complaint was amusing:—"Well, I cannot understand it: twenty years have I been constantly failing in my wines, except one excellent cask of ginger wine which I *made myself*. I cannot recommend home-made wines, they don't answer."

Go into farm houses: the farmer's wife offers you a glass of rich cowslip or orange wine, and astonishes you with the observation that her wines never fail. Of course not! she makes them herself.

I have conversed with many people upon the subject of sugar used in home-made wines. Almost all the wives of farmers and tradesmen have advocated the use of brown sugar, not for its look, but its expediency. They know it to be cheaper than loaf sugar, they consider it more wholesome, and they had in many cases kept their wines several years perfectly good. Dr. M'Culloch, of Edinburgh, maintains brown sugar to be an excellent preservative, and he prefers its qualities to salt. The brown sugar, when boiling in water, must be well skimmed till it looks clear; this is one very material point to which the attention must be directed in the composition of all wines. When the wine is ready, let it be poured into a brandy cask to keep. You can get spirit casks at the spirit shops. The spirit which has soaked into the wood lends its flavour to the wine, and tends to preserve it. Whatever liquid has been kept in clean casks soaks into the wood. I know a lady who lost a fine cask of elder wine by pouring it into one which had been used for beer. The cask was apparently clean and free from smell, yet the wine became acid, and was lost. All these minutiae are valuable to a young housekeeper, who may be led into mistakes from ignorance of circumstances apparently trivial, but which lead to a thousand disappointments. White sugar may be employed by those who value the look of their wines, and can afford to purchase the luxury; but the flavour is not made richer, or the quality of the

wine increased by adopting the more expensive article.

Parsnip wine is very good, and much cheaper than other wines, from the sugary properties of the root; it requires almost one half less of Lisbon sugar than its neighbours. The larger body in which wine is made, the richer it will be. Keep each cask for its own separate wine, by bottling off one year's wine just in time to make the next, and make your wines always of spring water. Be careful also to procure the best corks, and let the bottles be well cleaned before use. It is a good plan to bottle made wines in unrinsed Madeira or sherry bottles, if you can procure them.

#### GINGER WINE.

Boil seven pounds of Lisbon sugar in four gallons of spring water a quarter of an hour, skim it well all the time it is boiling, and then let the liquid grow cold.

Squeeze the juice of two lemons without the pips into the cold liquid, boil the peels of the lemons in three pints of water, with five ounces of ginger, an hour, and when it becomes cold, pour it, with the sugar and water, altogether into a cask that has held brandy, or rum, or gin; add to the whole a quarter of an ounce of isinglass or Carragan moss beaten in two spoonful of yeast very thin, and two pounds of jar raisins, chopped. Keep the bunghole of the cask open a day or two, to allow a proper

fermentation. You may bottle it in seven weeks. Make ginger wine in March.

#### ANOTHER GINGER WINE.

Add twelve pounds of nice moist sugar to eighteen quarts of water, a quarter of a pound of white raced ginger tied up in a bit of muslin, and the thinly-pared rinds of four large lemons. Let all these ingredients boil half an hour; skim it well, and when it becomes luke-warm stir in three spoonsful of yeast, and let it stand a day; then squeeze the juice of four lemons into it, and pour the whole into a cask that has held spirits. Chop a pound and a half of good raisins into the cask, and stir it daily for ten days through the bunghole with a stick; then dissolve half an ounce of isinglass in a little of the liquor, and pour it into the cask or barrel. Stop it down close, and bottle it in six months.

#### RED Currant Wine.

Break and squeeze the fruit well. Boil as many gallons of spring water as you please, adding six pounds of nice moist sugar to each gallon of water. Boil the sugar and water half an hour, skimming it well.

When the liquor becomes nearly cold, add a gallon of the pure juice of the currants to each gallon of water. Pour the whole into a spirit cask, and in four or five days, when the fermentation has subsided, close it up tight. Keep it a twelve-

month ; age improves these proportions. Half raspberry juice improves it.

#### WHITE Currant WINE.

Boil twenty pounds of fine moist sugar in three gallons of water half an hour : skim it well : when nearly cold, add to it three gallons of the pure juice of white currants, the juice of eight lemons without their pips, the rind of one lemon pared very thin, and two spoonsful of yeast. Pour the whole into a brandy eask, and add half an ounce of isinglass, beaten thin in a little of the liquor. When it has ceased to ferment, which will be in four or five days, stop it close down, and bottle it in February.

#### ORANGE WINE.

Boil fourteen pounds of Lisbon sugar in six gallons of spring water half an hour, skimming it all the time : then pour it boiling-hot upon the rinds of seventy fine Seville oranges, pared very thin. When nearly cold, add to it the strained juice of the seventy oranges, with half a dozen spoonsful of good yeast beat into it, and half an ounce of isinglass. Let the whole work two days, then turn it into a spirit eask. Bottle it in a month or six weeks.

#### BLACK Currant WINE.

Add three quarts of pure black currant juice to every three quarts of spring water, unboiled ; and a pound of brown sugar to each quart of liquor. Put

it into a spirit cask, or wine cask, reserving a little to add to it when the refuse is skimmed off. Keep the cask in a warm place, and it will ferment of itself: when that subsides, skim off the refuse, and fill up with the wine which was kept back. Then bung it close for nine months. When you bottle it, strain the lees through wet flannel till it becomes clear.

#### WHITE ELDER-FLOWER WINE.

Boil twelve pounds of moist sugar in six gallons of spring water half an hour, skimming it quite clear all the time: add to it also, before it boils, the thinly pared rinds of three lemons: when nearly cold, add to it, when poured into the tub, three pounds of fine jar raisins chopped, three quarters of a peck of white elder-flowers, two spoonsful of yeast, and half an ounce of isinglass or Carragan moss, beat up thin in a little of the liquor. Let it remain to work in the tub two days: then pour it into a cask which has held brandy or wine, and stop it down close. Bottle it in three months.

#### CLARY WINE.

Boil forty-five pounds of nice moist sugar in fifteen gallons of water, till you have skimmed it clear. When cool, pour a little of the liquor upon a pint of yeast, adding a little more liquor by degrees: pour the small quantity, in an hour, back into the mass; and pour the whole quantity upon fourteen

quarts of dry clary flowers in a cask which has had wine or spirits in it. When it ceases to hiss stop it down four months, then bottle it.

#### RAISIN WINE.

You must allow eight pounds of raisins clean picked from their stalks to every gallon of spring water.

After the raisins are picked, chop them and put them in a tub: pour the water milk warm over them, measuring the quantity as you pour it into the tub: let it stand a fortnight in a cool place, stirring it well three or four times each day, with a mashing-staff: then strain it, press the fruit dry, and pour the liquor into a spirit or wine cask. When it has done fermenting stop it close four months: then rack it, filter the dregs through a flannel bag, put it into the barrel again, and keep it a twelve-month.

Many people do not rack their wines at all; and fancy the wine better for not being disturbed. Make raisin wine in the spring.

#### COWSLIP WINE.

Boil twelve gallons of spring water a quarter of an hour, then add two pounds of Lisbon sugar to each gallon: skim it till no more scum rises: pour it into a tub.

When cold put in two spoonfuls of yeast, and let it work a day: then add thirty quarts of cowslip

flowers, and the thin paring and juice of a dozen lemons. Let it work three days: then pour it into the spirit or wine cask in readiness, and when the fermentation subsides, stop down close: bottle it in six months.

#### ELDER-BERRY WINE.

Boil as many quarts of spring water as you please with two pounds of moist sugar to each quart of water, one ounce of ginger, half an ounce of cloves, and ditto allspice, tied in a muslin bag. When cool, add it to equal quantities of the pure juice of the elder-berries, a toast covered with yeast, and let it remain some days to work. Pour it into a spirit or wine cask, and when it has ceased to ferment, bung it close.

As elder-berry wine is drunk hot, it need only be drawn from the cask as it is wanted.

#### GREEN APPLE WINE.

Bruise the apples well, and add a gallon of spring-water to every gallon of mashed apples. Stir it well two or three times a-day for five days with a stick or mashing-staff: then strain it, and to every gallon of strained liquor, add three pounds of loaf-sugar, pounded, or broken up into bits. When the sugar is dissolved, pour the wine into a spirit or wine cask, beating up an ounce of isinglass in some of the liquor and adding it. Bottle it in eight months.

This is equal to champagne.

## GREEN GOOSEBERRY WINE.

Put a quart of spring water to every quart of gooseberries picked and bruised: let it stand four days, stirring the mass frequently each day. Strain it; and add to every gallon of juice, three pounds of loaf sugar. When the sugar is dissolved, pour it into a spirit or wine cask, with an ounce of isinglass dissolved previously in some of the liquor. Let it remain unstopped till the fermentation ceases; then bung it close. Bottle it in six months.

## RASPBERRY SHRUB.

Put raspberries nicely picked into a stone jar, and *just* cover them with good vinegar. Add a pint of sugar to each pint of juice. Scald it: skim well, and bottle it when cold.

## GINGER BEER.

Two gallons of boiling water, four ounces of ginger bruised, four lemons pared thin, and their juice strained, three pounds of loaf sugar, and two tablespoonsful of yeast. The water should be poured boiling upon the other ingredients. Let it stand till cold. Bottle it in stone bottles, and wire the corks down.

## ANOTHER RECEIPT, EXCELLENT.

An ounce and a quarter of ginger, ditto cream of tartar, one pound two ounces of sugar, and two spoonsfull of yeast.

Pour a gallon of boiling water over these ingredients in the evening, and bottle the morning following.

#### IMPERIAL POP.

Pour a gallon of boiling water upon one pound of loaf sugar, one ounce of cream of tartar, and one ounce of ginger sliced. When nearly cold, add two spoonsfull of yeast, and stir it well to make it ferment. When the fermentation subsides, bottle it in soda-water bottles, and cork them tight.

Drinkable in a few days.

#### CHERRY BRANDY.

Cut the stalks of a pound of fine ripe Morella cherries to within an inch of the joint, and put them into a wide-mouthed bottle filled with brandy. Drop in a quarter of a pound of pounded white sugar, and shake it gently every day for a week.

This is excellent, and wholesome.

#### LEMONADE.

Grate the peel and squeeze the juice of six lemons upon three quarters of a pound of sugar, and pour a pint and a half of boiled milk upon the whole. Stir it well, and run it through a flannel bag previously dipped in hot water, and squeezed dry.

#### LEMONADE, EXCELLENT.

Pour two quarts of boiling water upon the thinly pared rinds of ten lemons; let it stand a day closely covered; then squeeze the juice of the lemons into

it, without the pips. Sweeten it to your taste, and add half a pint of boiling milk to the whole. When cool, run it through a jelly bag.

#### BEER CUP.

Boil a little beer with plenty of sugar, nutmeg, and ginger; then add as much more beer as you require, and simmer it altogether. Put a hot toast in it. The tankard should be of silver.

Beer is excellent made quite hot; then add some nicely roasted apples, and some slices of common plum cake toasted, with plenty of sugar and nutmeg grated over it.

#### GOOD TABLE BEER.

Boil four pounds of coarse sugar, three ounces of hops, and ten gallons of water, three quarters of an hour. Work it as usual, and keep it ten days before it is tapped. It will improve daily.

The difference in the expense between this mode, and brewing with malt, is very great.

#### GOOD SUBSTITUTE FOR BEER.

Boil together in six quarts of water half a pound of brown sugar, and one ounce of hops. Let it ferment twenty-four hours, and then bottle it.

This beer is cheap and good.

#### TO MAKE BRAN BEER.

To a quarter of a peck of sweet bran, add three handfuls of hops, and ten gallons of water. Boil the

whole together in a copper till the bran and hops sink ; then strain it through a hair sieve into a cooler ; and when luke-warm, add two quarts of molasses or three pints of treacle. This will be enough for a nine gallon eask. Before you pour in the liquor, which must be done as soon as the treacle is melted, put two tablespoonsful of good yeast into the barrel.

When the fermentation has subsided, bung the cask up, and in four days it will be fit for use.

Bottling improves it, and it will be fit to drink in a week after.

## BREAD, CAKES, &c.

---

THERE is little difficulty in making bread: the spoiled bakings which often occur in families, proceeds from bad yeast, or from ignorance in the management of the oven. The former evil makes the bread heavy and bitter: the latter, either over or under-bakes the sponge.

In the matter of yeast, the best is procured from the poor, who cannot afford to make strong beer. The poorer the beer, the lighter and less bitter the yeast will be. Potato yeast, made carefully, will always prevent the annoyance of being obliged to defer your baking because you cannot procure yeast. Never allow yourself to be without it.

Take two dozen large floury potatoes, and roast them. Scoop out the inside when thoroughly roasted, and roll it with a rolling-pin till it is quite fine and pulverised. Then add to it a quarter of a pound of coarse brown sugar, and as much water as will make it of the consistency of batter. Then add a pint of yeast, and let it work together.

Always keep a pint of this yeast to make a fresh stock from; but it weakens after twice renewing, therefore make fresh potato-yeast whenever you can

procure small beer yeast. You can use it as soon as it is made.

I submit another still more excellent mode of procuring yeast for every emergency, because it will keep any length of time, which the potato yeast will not do. In cool weather it keeps three weeks; but the following method preserves the yeast for months.

Put three ounces of hops into a pail full of water, and boil it down to a quart: strain it, and stir it in a quart of rye meal while boiling hot. Cool it, and add half a pint of good yeast. After it has risen a few hours, thicken it with flour stiff enough to roll out upon a board: then put it in the sun and air a few days to dry. A piece of this cake two inches square dissolved in warm water, and thickened with a little flour, will make a large loaf. Have always a cake of this leaven in a dry place, kept in a paper bag.

Baking at home is a great saving: and there is waste in eating it new, whether you bake or buy your bread. Keep it two days untouched, and range your loaves upon shelves. Let the flour be kept a month before it is used, and be sure to keep the bin clean in which it is deposited, by scalding it every time it becomes empty, and drying it in the sun. This will prevent mites.

The allowance of a quartern loaf per week to each member of a family, is considered the standard whereby to measure the consumption of bread. If

you receive company, of course more is required ; but this rule gives you an idea of what is deemed necessary ; and it enables you to judge tolerably accurately whether more bread is baked in your house than your family consumes. A little judgment quickly masters the question ; and a clever housekeeper will soon ascertain the proportions which can combine liberality with economy.

#### TO MAKE BREAD.

Put half a bushel of good flour into your kneading tub, with four ounces of nice dry pounded salt : make a hole in the middle of the flour ; pour four quarts of warm water and a pint and a half of yeast into the hole, and stir it altogether well with your hands till it becomes a tough dough. Let it rise about an hour and twenty minutes : then, before it falls again, add four quarts more of warm water, work it well, and cover the tub with a cloth till you have arranged your oven and made it the proper heat. Then make your dough into loaves of five pounds each, put them into the oven, shut the oven-door close, and let them bake two hours and a half.

There must be practice to bring every art to perfection, and the art of making good bread requires some experience. The management of the oven will be soon comprehended by a little patient observation, however ; and where our rules are strictly observed, there will not occur much failure.

American flour requires a great deal more water

than is used for English flour, therefore it is cheaper. A stone of American flour will make twenty-one pounds of bread: an English stone makes eighteen pounds only. Never keep your paste in *tins*. It destroys its spirit.

#### ECONOMICAL BREAD.

Boil five pounds of coarse flake bran in four gallons of water: when perfectly smooth by boiling, you will have three gallons and three quarts of bran-water. Use this water to knead half a bushel of flour, with the addition of salt and yeast as for other bread, and bake also the same length of time. The flour will imbibe more bran-water than plain water, and become nutritious and cheap; for it makes an increase of one-fifth of the usual quantity of bread.

When this bread becomes very stale put it in the oven for twenty minutes, and it will eat fresh and new.

#### RICE BREAD.

Simmer a pound of rice in two quarts of water, till it is perfectly soft: beat it smooth, and when sufficiently cool mix it well with four pounds of flour, and salt and yeast as for other bread. Knead it well, then set it to rise before the fire. When the loaves are making up, roll them well in flour.

This will make eight pounds and a half of good bread.

## POTATO BREAD.

Potatoes do not injure the quality of bread, and make a great increase in the weight.

Boil five pounds of potatoes well: dry them in the oven till they fall to pieces and become flour, which they will do if properly managed. Then make it into a batter about the consistency of gruel: strain this through a coarse sieve, and mix it with twenty pounds of flour instead of using water. If your yeast is good, this bread will be very light and agreeable.

Potato bread is very good made in the proportions of a pound of potato flour to two pounds of wheat flour; treated and made up like common bread, but little or no water will be required.

## APPLE BREAD.

A light pleasant bread is made in France by a mixture of pared apples and flour, in the proportion of one pound of the former to two pounds of the latter. The same quantity of yeast is used as in common bread, and is beaten with the flour and pulp of the apple. The apples must be boiled, and added to the flour warm. The dough is then considered set. It must be kept to rise eight or twelve hours. Bake it in long loaves. No water will be required if the apples are fresh.

Brown bread is composed of four pounds of sweet

pollards, to thirty-six pounds of household flour ; but made up as common bread in all its ingredients and form.

#### EXCELLENT ROLLS.

Mix two tablespoonsful of yeast of small beer, beat up in a pint of milk, one ounce of butter, and the yolk and white of one egg, in a gallon of flour. Set the dough to rise two hours, and make them up quickly. Bake them in a quick oven.

#### ROLLS.

Warm one ounce of butter in half a pint of milk ; put to it a spoonful and a half of yeast, and a little salt. Mix these ingredients with two pounds of flour : let it rise an hour : knead it well, and bake it in a quick oven.

Make it up in cakes, if you like, three inches thick : sliced and buttered they eat like sally-luns.

#### LOAF CAKE.

Take as much white bread dough as you will want, and put it into a pan in which you have already beat up four eggs, the yolks and whites separately ; six ounces of butter warmed, half a pound of dry and pounded brown sugar, a spoonful of rose water, and a little cinnamon. These materials should be well beat up and mixed, before the dough is added. Knead it altogether as stiff as white bread : let it stand three hours to rise, and bake it about three-quarters of an hour.

## DIET CAKE.

Beat the yolks and whites of four eggs separately a quarter of an hour : sift into them half a pound of white or brown sugar ; then beat them together half an hour longer. Then stir into it six ouncees of flour : make it up, and bake it delicately about half an hour.

## EXCELLENT CAKE.

Take half a quartern of dough ; a quarter of a pound of fine sultana raisins, stoned ; a quarter of a pound of butter, and ditto sugar. Bake it in a quick oven three-quarters of an hour, after mixing it well together.

## GOOD CAKE.

Beat five eggs to a froth : then pour five ouncees of sugar dissolved in a glass of sweet wine, boiling hot, upon the eggs. When nearly cold, stir in gradually a quarter of a pound of flour. Bake in a quick oven three-quarters of an hour.

## GINGER LOAF.

Mix six ouncees of butter, three ounces of lard, a large tablespoonful of ginger, and a quarter of a pound of dried and pounded brown sugar, in a quartern of dough. Bake three-quarters of an hour in a quick oven.

## TREACLE PARKINS.

Mix one quart of oatmeal, three pounds of treacle, three-quarters of a pound of sugar, two ouncees of

butter, and a little flour, well together: roll it out thin: cut it into round cakes, and bake them in a tin.

#### CIDER CAKE.

Mix half a pound of flour, half a pound of dried and pounded brown sugar, a quarter of a pound of butter or lard, half a pint of cider, and a teaspoonful of pearlash, well together: spice it to your taste; make it into a cake, and bake till it turns easily in the pan.

#### SHORT CAKE.

If you have any sour milk, or butter-milk, make it into tea-cakes. Rub three tablespoonsful of cream into the flour; put a teaspoonful of strong dissolved pearlash into the sour milk, and mix your cake stiff. Bake it, or them, upon the girdle, on a few embers, or slight fire.

#### GINGER BISCUITS.

Take one ounce of pounded ginger, one pound and a half of flour, and half a pound of Lisbon sugar. Mix the whole into a paste with new milk: roll it out thin, cut them into shape, with a tin cutter, and bake them on tins for five minutes.

#### CRISP BISCUITS.

Make a pound of flour, the yolk of an egg, and some warm water, into a very stiff paste; throw in an ounce or two of sifted white sugar; beat it well, and knead till the paste becomes smooth. Roll very

thin, and cut into biscuits. Bake them in a slow oven till quite dry and crisp. Keep all biscuits in a tin box.

#### RUSKS.

Rub six ounces of sifted sugar, and six ounces of butter, into a pound and a half of flour ; add also, half a teacup-full of yeast in a little warm water. Put it to rise by the fire ; then add one pound more of flour, the beaten yolks of two eggs, and a little more water. Let it remain by the fire in dough, till the oven is ready. Then make the dough into balls the size of a walnut, and bake them twenty minutes on tins—take them out of the oven again—pull them in the middle—and put them again in the oven to dry.

When dry enough, put them into a tin, to keep.

#### HARD GINGER-BREAD CAKE.

Rub half a pound of butter or lard well into a pound of flour ; if lard, add some salt ; then pour into it half a pound of treacle, one large spoonful of pounded ginger—or two, if you like it well spiced—a spoonful of rose water, and a handful of caraway seeds. Beat the whole up well ; knead it stiff enough to roll out, and bake twenty minutes on a flat pan.

#### HUNTING NUTS.

Beat two ounces of butter to a cream ; add four ounces of sugar, and eight ounces of treacle. Mix it well, and add two ounces of pounded ginger, and

one ounce of candied lemon-peel cut small ; stir ten ounces of flour into the whole, till it forms a stiff paste ; form it into nuts tolerably large, and bake them on tins in a hot oven.

#### WAFERS.

Take two spoonsful of cream, two spoonsful of pounded white sugar, four ditto of flour nicely dried, three spoonsful of orange-water, and the well beat yolk of one egg.

Mix these ingredients into a light thick batter ; butter the wafer irons, and let them be hot ; put a teaspoonful of the latter upon them, bake carefully, and roll them off the iron quickly, with a stick.

These are very elegant cakes for a dessert, or at a supper table.

#### PLUM CAKE.

Mix five ounces of butter well into three pounds of nicely dried flour ; add five ounces of brown sugar dried and rolled, half a pound of currants washed and dried, and some finely-pounded pimento ; add also half a pound of stoned raisins, and a tea-spoonful of salt. Put three spoonsful of yeast into a pint of new milk warmed, and mix the whole into a light dough. Bake an hour.

## ODDS AND ENDS.

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### TO WASH TABLES AND FLOORS.

USE stone-masons' saw-dust instead of soap : it is infinitely better, and washes all deals much finer. Get a bushel at a time from the stone yards. It costs nothing.

### TO CLEAN DECANTERS.

Rinse out the bottles, and put a piece of lighted coarse brown paper into each : stop close, and when the smoke is no longer visible, wash the bottles clean. This will take out all stains : but if the decanters are very dirty they may require two or three times doing.

### TO MAKE HORN PAPER.

Mix two ounces of spirit varnish (hard) and one third of linseed oil. Wash over common drawing-paper with this mixture, twice : letting it dry between the applications.

### TO WASH BABY CAPS, AND LACE.

Put them to soak twelve hours in cold water : then soak them twelve hours in boiling water : then again in cold water, soaping them well each time.

As they dry, pull out the lace, and iron them before they are quite dry. They will then require no starch, but look like new lace.

#### TO CLEAN FRYING-PANS.

Before you use it, put the frying-pan on the fire; pour some hot water into it, and rub it with a clean cloth till all the water is absorbed. By this plan, the inside is made perfectly sweet to receive the fat which is to melt in it. Clean the pan both after using it, and before it is used again.

#### TO CLEAN THE OVENS OF KITCHEN RANGES.

Put a handful of straw into the oven, and set fire to it: shut up the oven till it is burnt out: this will cleanse all stains, by enabling you to scrape away easily, with an *old* knife, all the fruit droppings and grease.

#### TO KEEP FLOUR SWEET.

Scald out the flour bin every time it becomes empty, and let it dry in the sun. This prevents mites from breeding in it.

#### TO KEEP MILK SWEET.

Where milk is taken only in small quantities, scald it directly. This prevents its turning sour.

#### TO EXTRACT GREASE FROM LINEN.

Take magnesia in the lump: wet it, and rub the grease spots well with it: brush it off in a few

minutes, when every trace of grease will have vanished.

#### TO CLEAN CASKS.

Wash them well: then, for a pipe eask, add one pound of chloride of lime to fifteen quarts of water, and throw it into the cask: shake it, or roll it well, a quarter of an hour: then empty it, and wash again in several waters. The smell of the ehloride will soon be gone.

#### TO REVIVE GILT FRAMES.

Beat up three ounces of white of egg, with one ounce of chloride of potass or soda: do over the frame with a soft brush of camel's hair dipped in the mixture.

#### TO POLISH MAHOGANY.

Rub cold-drawn linseed oil on the table or chair, with rag, or tow: leave it there an hour: then rub it well dry with a cloth, and polish it by good rubbing with green baize.

#### INCOMBUSTIBLE THATCH.

Straw soaked in solution of lime, or common whitewash, becomes incombustible.

#### TO TAKE STAINS OUT OF IVORY.

Make a light paste of sal-volatile, oil, and prepared chalk, and rub on the ivory with leather. Afterwards put a little more on and leave it to dry, then brush it off.

## TO WASH FLANNELS.

Soap them well, and let them lie in the warm water the proper time, but do not wring them. Take them dripping from the tub, hang them up, and let the water drop gradually from them. This will prevent their shrinking.

## SUBSTITUTE FOR SOAP.

Peel, grind, or grate twenty horse chestnuts, and pour on them ten quarts of hot water. In this infusion either linen or woollen may be washed without soap ; it will be found to take out all kinds of spots.

## SNOW SOAP.

Shred a pound of mottled soap into seven pounds of snow in a saucepan, and when these two things are boiling hot add two tablespoonsful of salt. Stir it frequently while it is boiling, which it must do three hours ; pour it into a flat pan, and keep it a month to dry. There will be seven pounds of good soap, excellent to shave with, to wash silks, and for many household purposes.

## TO CLEAN SPONGES.

Wash them in very dilute tartaric acid, rinsing them afterwards in water ; it will make them very soft and white. Be careful to dilute the acid well, as it is very corrosive.

## TO PRESERVE HARNESS, &amp;c.

Simmer a quart of neat's-foot oil and an ounce of shred bees'-wax in a pipkin a few minutes, then add half a pound of oil of tar, and simmer the whole a few minutes longer, stirring it the whole time with a stick.

This mixture is used as you would apply oil. If the leather be old and tough, sponge it first with hot water, and then work in the mixture before the fire. This recipe is excellent for boots, eordage, staek-cloths, sheep-nets, &c.

## IMPENETRABLE CEMENT.

Mix well together eighty-four pounds of drift sand, twelve pounds of unslaked lime, and four pounds of the very poorest cheese grated through an iron grater; then pour enough hot water upon it to form a proper consistency for plastering. Lay it on quickly and completely in a thin smooth coat, after the wall or lath-work has been covered with hair and lime mortar, and well dried. No water can penetrate it.

## HINTS OF ALL SORTS.

Milk will take ink out of prints.

Wet whiting takes oil stains out of boards.

Wet salt will extract ink from boards.

When you buy your soap cut it in pieces; it grows hard by this plan, and goes further.

Wet magnesia, and lay it thick upon stains in

cloth, merinos, &c., and brush it off when quite dry ; the stains will soon disappear.

Cedar shavings, or bits of Russia leather kept in drawers, will preserve clothes from moths. Camphor, or any strong perfume, preserves woollens and furs from the moth.

Sprigs of tansy in a bed drives away bugs.

Should any one by mistake have swallowed poison, drink large quantities of common soap and water, till the medical man arrives ; it promotes vomitings.

Never keep yeast in tins, it kills the spirit.

Never use rose-water bottles for any other purpose : they will for ever after destroy the spirit of any liquid put into them.

#### TO EXTRACT INK FROM LINEN.

Rub three quarters of an ounce of cream of tartar and a quarter of an ounce of salts of sorrel through a fine lawn sieve, upon the stains. It answers the purpose of salt of lemons, and is much cheaper.

#### TO CLEAN SATINS, FLOWERED SILKS, &c.

Mix finely-sifted stale bread crumbs with powder-blue ; rub it well over the silk or satin, then shake it off, and dust it with clean soft cloths ; afterwards, if there are any gold or silver flowers upon them, rub those flowers with a piece of crimson velvet. This will restore the original brightness.

## EARTHENWARE.

Put new earthenware into cold water, to heat and boil gradually ; then let it grow cold again. While the water is boiling, throw into it a handful of eye bran. This preserves the glazing, so that it will not be affected by salt or acid. Boiling earthenware toughens it.

## TO TAKE WAX OUT OF CLOTH.

Hold a red hot iron steadily within an inch of the cloth, and the wax will soon evaporate. Then rub the place with whity brown paper.

## TO MEND CHINA.

Beat a piece of flint glass to powder, and grind it upon a painter's stone with the white of an egg, into a paste. Apply the paste neatly to the broken china, tying the parts firmly together till the cement is dry. This cement will never come undone again.

## TO CLEAN MARBLE AND ALABASTER.

Beat pumice-stone to an impalpable powder, and mix it up with verjuice. Let it stand for two hours ; then dip a sponge into it, and rub the marble ; wash it off with a linen cloth and fresh water ; then dry it with clean linen rags.

## EXCELLENT TOOTH POWDER.

Mix honey and charcoal into a fine stiff paste,

pounded together in a marble mortar. Perfume it with a little oil of roses.

#### TO PRESERVE BUTTER.

Take two parts of the best common salt, one of brown sugar, and one of saltpetre ; beat them, and blend them well together. Use one ounce of this composition to every sixteen ounces of good butter ; work it well into the mass, press down close, and close it up for use.

#### TO PRESERVE FILBERTS.

Remove their husks when perfectly ripe, and dry the nuts by rubbing them with a coarse cloth. Sprinkle the bottom of a stone jar with a little salt ; then put a layer of filberts, and lay alternate layers of salt and nuts. Lay the salt on slightly. Keep the jar closed down, and let it stand in a dry place.

#### CEMENT FOR BOTTLES.

Melt half a pound of black rōsin, half a pound of coarse red sealing-wax, and a quarter of an ounce of bees-wax, in an iron pot ; when it froths up before all is melted, stir it with a tallow candle, which will settle the froth, and prevent it boiling over. Souse the head of the corked bottle into the hot mixture.



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